MODERN
Egyptian Cooking



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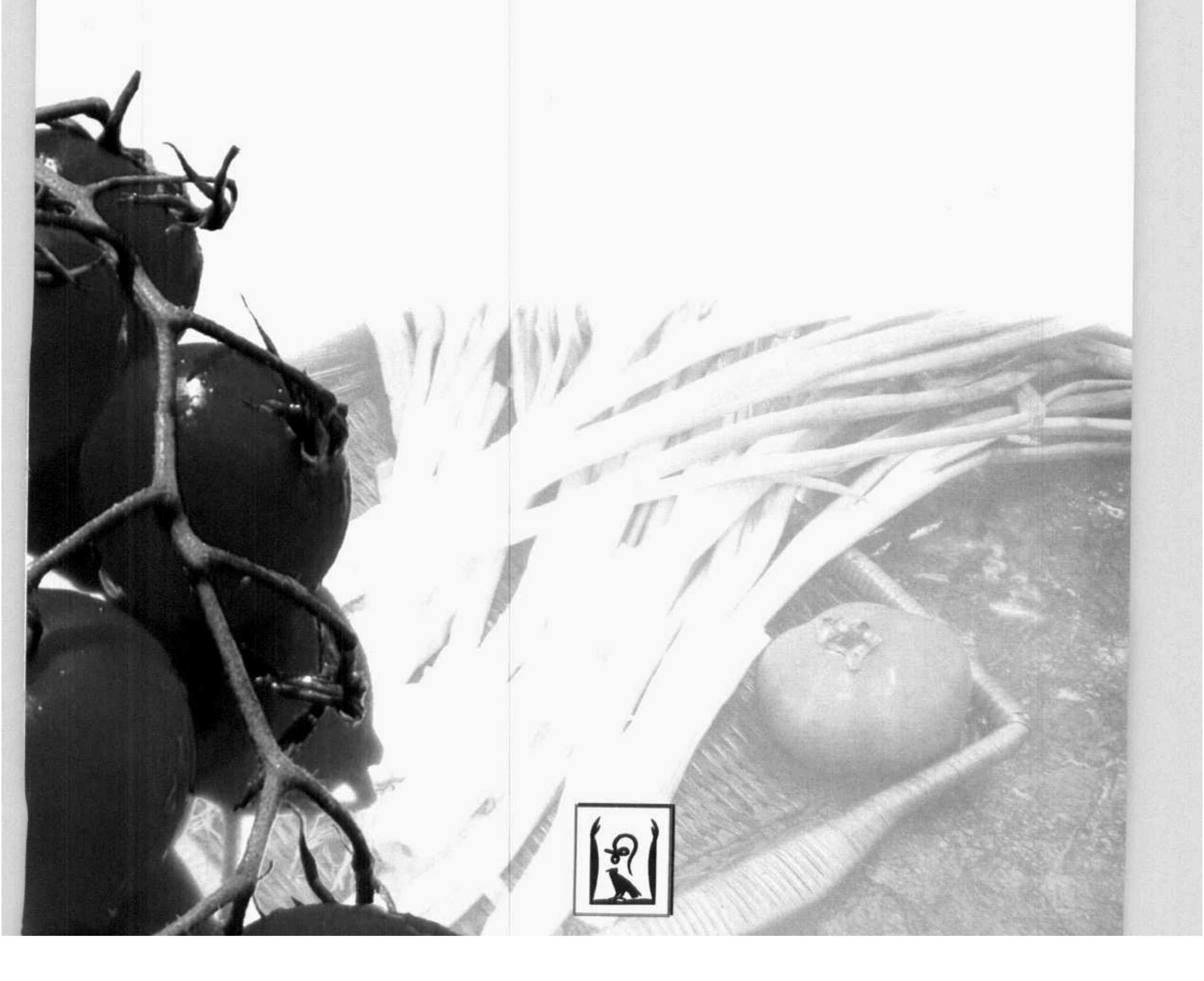
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Magda Mehdawy







CONTENTS

Soup	6
Vegetables	14
Meat	31
Poultry	41
Fish	47
Beans (vegetarian)	58
Eggs (vegetarian)	71
Fatta, Rice and Pasta	75
Salads (Vegetarian)	83
Desserts	88
Glossary	99







Modern Egyptian cooking

Introduction

Egyptian cuisine is one of the most remarkable cuisines of the Mediterranean area.
You will find many ingredients that are favorable for the Egyptian people, such as:
Fresh vegetables, Tomatoes, Spices and fresh herbs, all mixed and matched in varieties of dishes.
You can enjoy marvelous desserts and pastries. Here you can find and try yourself the style of food you have been eating in Egypt either at restaurant or around the corners of the city. This book includes and features most of classical, delicious dishes, with a very simple way of cooking, in which you will enjoy Sunshine, unforgetable taste, and nice memories of every thing.

Author

Magda Mehdawy

SOUP

Foul Nabet

Bean Sprouts



Making bean sprouts

1- Wash 1 kilogram of dried white broad beans (Fave beans) cover with water and set aside for 24 hours. Water must be changed twice but without moving the beans. This can be done by opening the tap directly on the beans.
2- Strain water then cover beans with a wet towel and allow 36 hours for the beans to sprout (Towel should be kept wet all the time).



1- Shorbet fool nabet

Bean Sprouts Soup (vegetarian)



1 cup (200 gm) = 26 calorie
(Cooking time about 30 minutes. Serving 2)

Ingredients:

1 Tablespoon corn oil
3 Mastic grains
1 Onion
2 Liters water
1/2 Kilogram bean sprouts
Salt and pepper
1 Tablespoon cumin
Lime juice

Method:

1- Heat oil, add mastic grains, onion then add water and bring to boil.
2- Add bean sprouts and continue boiling, adding a little salt, pepper and cumin.
3- Simmer for half an hour.
4- Add lime juice and serve.

2- Shorbet ads asfar

Yellow lentil soup (vegetarian)



1 cup (200 gm) =75 calorie
(Cooking time-about 45 minutes. Serving 4)

Ingredients:

1/2 Kilogram yellow lentils
1 Potato, chopped into four quarters
1 Carrot, chopped into four quarters
1 Tomato, chopped into four quarters
1 Tablespoon corn oil
1 Teaspoon salt
1 Large onion
1 Cup water
1 Tablespoon chopped parsley



Method:

1- Wash lentils well. Cover with water. Add tomato, potato, carrot, salt, and bring to a boil. Simmer for half an hour, skimming any froth that forms
2- Remove from heat. Strain, using a vegetable strainer.
3- Chop onion and fry in oil until golden. Add strained lentils, water, and cumin, Simmer for 10 minutes.
4- Garnish with chopped parsley. Serve

3- Shorbet Khodar Bel Mawaseer

Bone and Vegetable Soup

1cup (200 gm) = 60 calorie
(Cooking time- about 45 minutes. Serving 4)

Ingredients:

1 Chopped soup bone
1 Onion
2 Mastic grains
2 Cardamoms
1 Bay leaf
Salt – pepper
2 Tomatoes
2 Carrots
2 Zucchinis
2 Potatoes
1/4 Kilo gram peas (shelled)
1 Bunch celery
1 Liter water



Method:

1- Soak bones in cold water for 15 minutes then rinse, cover with fresh cold water and bring to a boil.
2- Skim froth as soon as it forms, add onion, mastic grains, cardamom, bay leaf and a little black pepper and allow simmering.
3- Cube vegetables and rinse. Set aside.
4- After about 30 minutes, remove broth from heat. Add salt then strain.
5- Return to heat add vegetables and allow to boil. Add potatoes 10 minutes after the other vegetables.
6- Immerse tomatoes in hot water for 1 minute then rinse with cold water. Peel, cube, remove seeds and add to soup. Allow to boil for another 10 minutes.
7- Finely chop celery, wash and add to soup 1 minute before it is fully cooked remove from heat .Serve hot with lime halves (optional).



4- Shorbet Tamatem (vegetarian)

Tomato Soup

1 cup (200 gm) = 60 calorie
(Cooking time-about 30 minutes. Serving 4)

Ingredients:

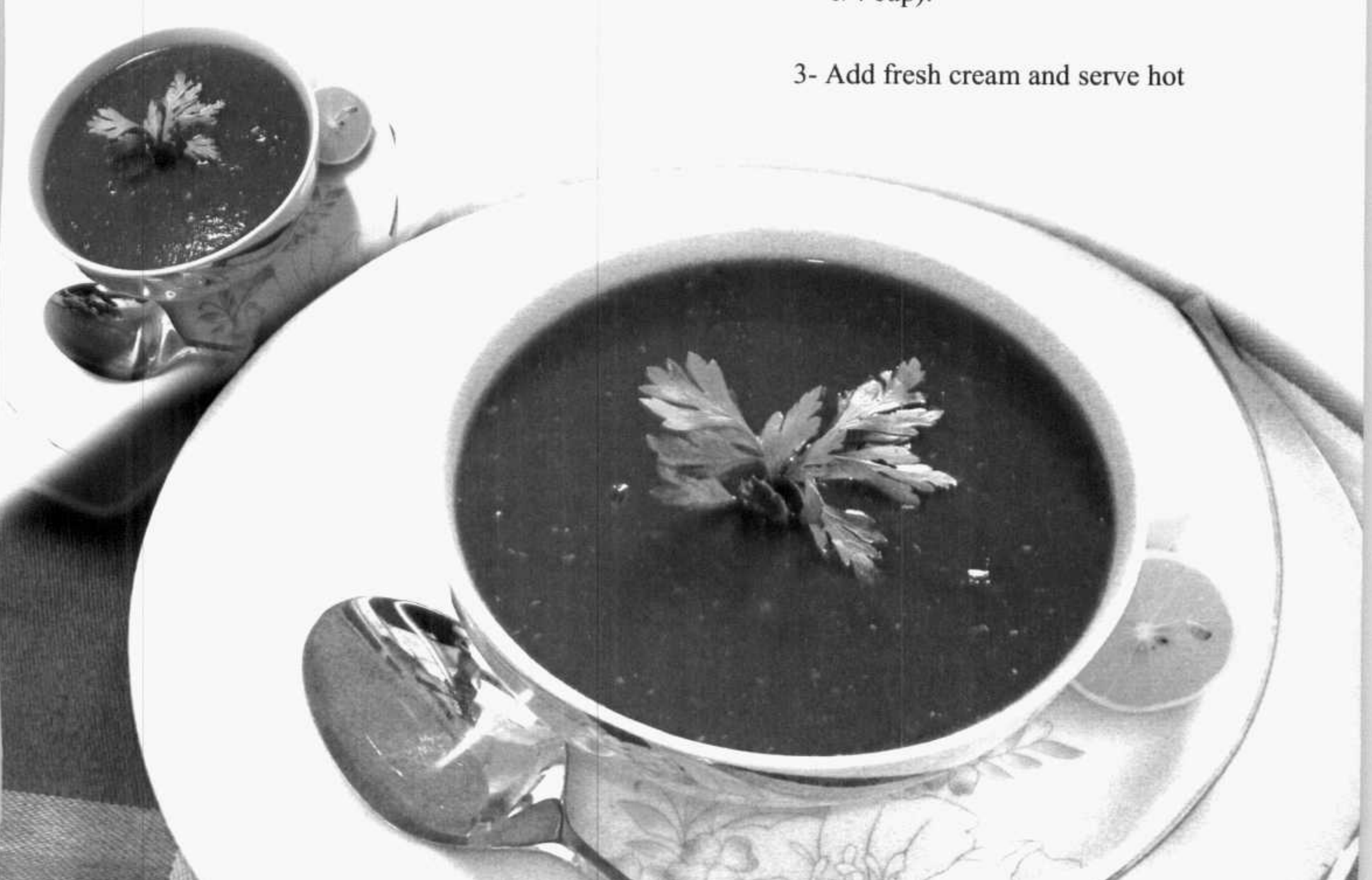
1/2 kilogram ripped tomatoes.
Salt, pepper
2 Mastic grains
1 Tablespoon ghee.
1 Liter water
1/4 Kilogram onions
4 Tablespoons fresh cream

Method:

1- Cut tomatoes and onions into quarters, cover with water . Bring to a boil, then simmer for 15 minutes, strain through a sieve or colander, reserving vegetable.

2- Heat ghee, add mastic grains and pepper, add strains tomatoes, onions, and salt then boil for 5 minutes. If needed ,add some extra water (About 1/4 cup).

3- Add fresh cream and serve hot



5- Shorbet kaware

Shank soup

1 cup (200) =132 calorie
(Cooking time- about 3 hours. Serving 3)



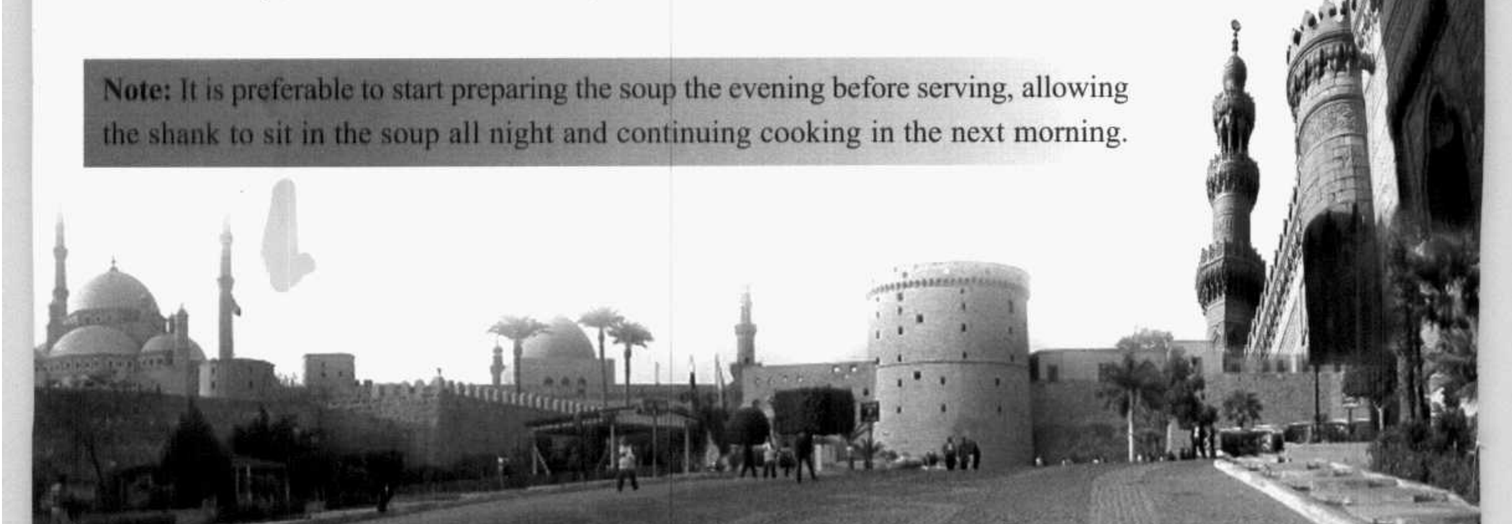
Ingredients:

1 Beef shank
1 Onion
Salt-pepper
2 Mastic grains
2 Cardamom pods
2 Bay leaves
2 Liters water

Method:

1- Clean the shank well, removing any hair. Chop and soak in cold water for 15 minutes then rinse.
2- Boil water, and then add shank. Skim froth as it forms.
3- Add onion, mastic grains, cardamom, peppercorns and bay leaf .Simmer for 2 hours.
4- Remove from heat and set aside for 5-7 hours in the refrigerator.
5- Return to heat. Add salt and simmer for another hour.
6- Strain soup; add boiled shank, cut up into cubes with the bones, and serve hot.

Note: It is preferable to start preparing the soup the evening before serving, allowing the shank to sit in the soup all night and continuing cooking in the next morning.





Vegetables

1- Karnabeet Bel Salsa

Cauliflower and Tomato Sauce Casserole

1 plate (200 gm) =80 calorie
(Cooking time-about 45 minutes. Serving 4)

Ingredients:

1 Medium cauliflower
1/4 Kilogram ground meat
1 Medium onion
2 Cups meat broth
2 Tablespoon ghee
Salt – pepper
1 Tablespoon cumin
1 Cup tomato juice





Method:

1- Separate cauliflower into medium-sized florets. Boil for 10 minutes in water to which salt and cumin have been added.

2- Arrange in a baking pan.

3- Chop onion and sauté briefly in ghee, add meat, stir for 5 minutes, then add tomato juice, salt and pepper .Cook over medium heat until sauce thickens and ghee rises to the top.

4- Add broth and bring to a boil. Pour meat and broth mixture over cauliflower.

5- Bake in a medium hot oven for about 30 minutes or until sauce thickens and top is lightly browned. Serve.

2- Kolkas Bil Khodra

Colcassia with Chard and Fresh Coriander

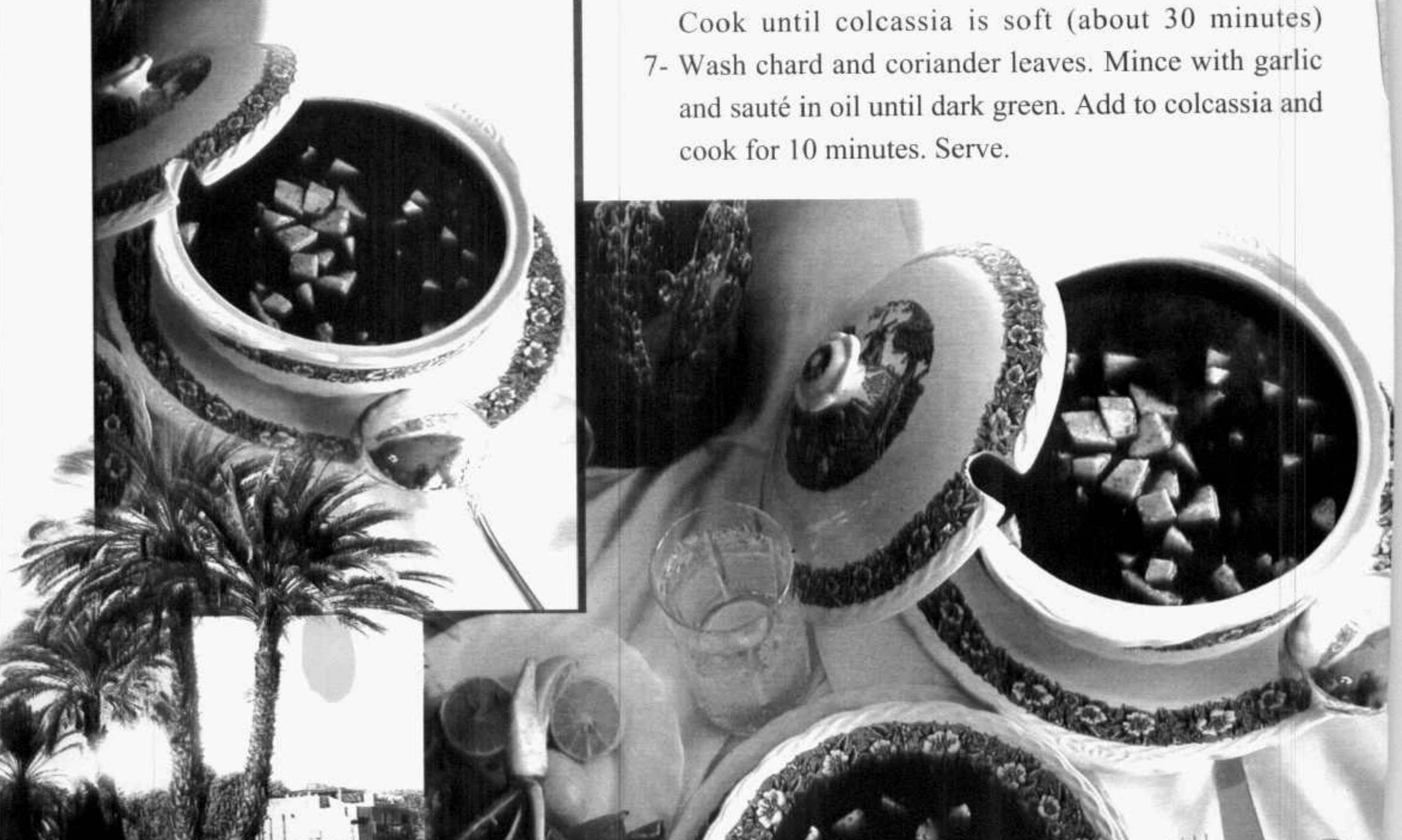
1 plate (200 gm) =150 calorie
(Cooking time-about 1 hour /10 minutes.Serving4)

Ingredients:

1 Kilogram colcassia
1/2 Kilogram lamb meat
6 Cloves garlic
1 Bunch chard
1 Bunch fresh coriander
1 Onion
Salt-pepper
1 1/2 Liters water
1 Tablespoon corn oil
1 Lime juice

Method:

1- Peel colcassia and divide in half. Cut each half horizontally into thick slices. Cut slices into fingers and cut fingers into cubes.
2- Rub colcassia well with 1/4 cup of salt .Cover with warm water and soak for 10 minutes. Wash thoroughly with warm water.
3- Dredge with 1/4 cup of flour, and rub the surfaces of the colcassia .Rinse again with warm water and continue washing until completely rid of the mucoid substance which covers colcassia.
4- Chop onion and season with salt and pepper, Rub into meat.
5- Boil water. Add onion and meat, boil for about 30 minutes.
6- Add washed colcassia cubes to broth, add lime juice Cook until colcassia is soft (about 30 minutes)
7- Wash chard and coriander leaves. Mince with garlic and sauté in oil until dark green. Add to colcassia and cook for 10 minutes. Serve.



3- Waraq 'inab dolma

Dolma Grape leaves

1/2 kilogram stuffed = 259 calorie
(Cooking time –about 30 minutes .Serving 6)

Ingredients for the filling:

1/4 Kilogram onions
1/2 Kilogram tomatoes
2 Tablespoons minced parsley
1 Tablespoon minced mint
1/2 Kilogram rice
1/4 Kilogram ground beef
Salt and pepper
2 Tablespoons corn oil

Method:

1- Grind onions with food processor and dice tomatoes.
2- Mix all ingredients well and season with salt and pepper.
3- Add oil, mix and use to stuff.



Ingredients:

1/2 Kilogram grape leaves
1 Recipe filling mix
2 Tablespoons ghee
1 Stick celery
1 Bay leaf
Juice of 1 lime
Salt- pepper
1 Tomato, sliced
1 Lime sliced
4 Cloves garlic
1 Onion





Method:

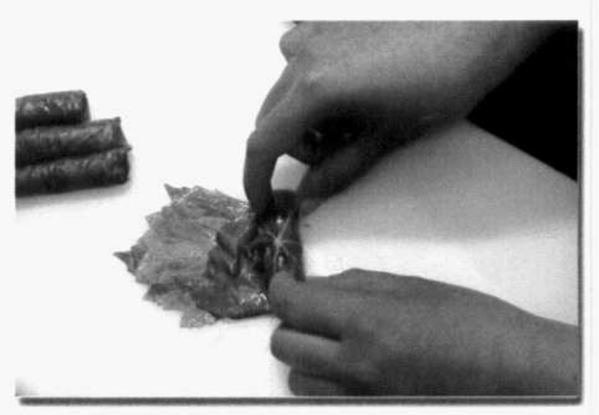
1- Remove stems from grape leaves. Boil in salted water for 5 minutes. Rinse with cold water.

2- Spread out individual leaves. Place one tablespoon of the filling at the base of each leaf. Fold edged while rolling tightly , continue stuffing leaves until you run out of filling.



3- In the bottom of a deep pot arrange in layers the tomato and half the onion slices, lime slices, crushed garlic, celery, bay leaf, and some of the grape leaves left over from stuffing.

4- Arrange stuffed grape leaves in layers. Add ghee, lime juice, salt, pepper and the broth. Cover with the rest of the onion and lime slices, then cook for 30 minutes over a medium heat.



5- Turn the cooked grape leaves, after taking off tomato, lime and onion slices , at serving dish .Serve.



4- *Musaqqa'a Bel Lhama El Mafrooma*

Fried Eggplant with Ground Meat

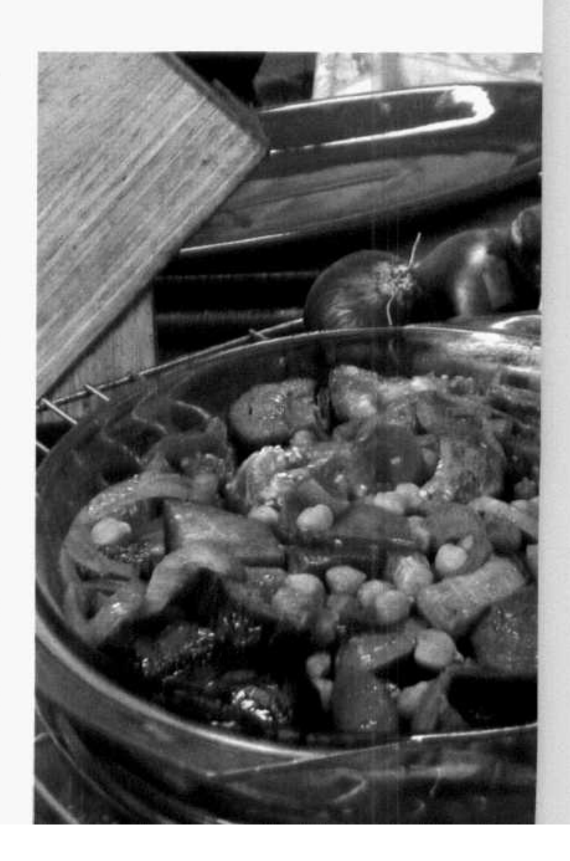
1 medium plate = 225 Calorie
(Cooking time – about 30 minutes. Serving 6)

Ingredients:

1 Kilogram large eggplants
1 Cup beef broth
2 Cups tomato juice
1/2 Cup dried small chick peas, soaked
1/2 Kilogram ground meat
1 Tablespoon vinegar
Salt-pepper
2 Large onions
2 Cloves garlic
Oil for deep frying
1 Tablespoon ghee

Method:

1- Partially pare eggplants by removing lengthwise stripes. Cut crossways into 1 cm thin slices.
2- Wash , add salt , and allow for 15 minutes in a colander for salt to draw out excess water from eggplant pieces.
3- Pat dry and deep fry in hot oil (about 5 cm deep) until golden yellow. Place on absorbent towels.
4- Finely chop onions, sauté in ghee until golden yellow, and then add ground meat. Cook over medium heat for about 10 minutes, Add salt and pepper and cook over low heat for another 10 minutes.
5- Slice garlic and sauté in a little oil. Add tomato juice and vinegar and simmer until tomato juice thickens and oil rises to the top. Add broth and boil.
6- Arrange half the eggplant slices in a Teflon or casserole dish. Cover with layer of ground beef, arrange remaining eggplant on top of meat, then sprinkle with chick peas.
7- Pour tomato and broth mixture into baking dish and bake in a hot oven for about 30 minutes or until juices are reduced and oil rises to the top. Serve.



5- Mulukhia khadra B'el Toyour

Green Mallow with Poultry

1 medium plate (200 gm) = 122 calorie
(Cooking time about – 15 minutes. Serving 4)



Ingredients:

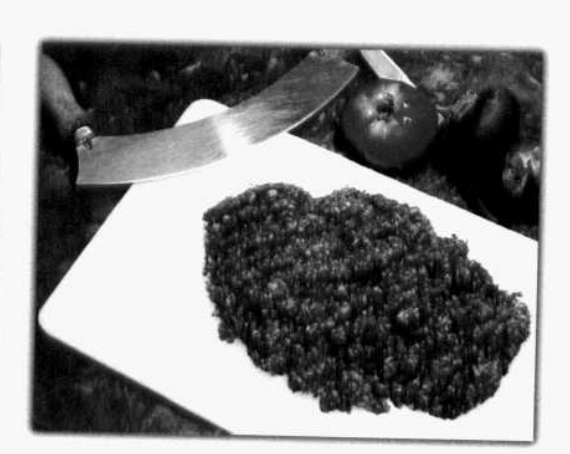
1 large chicken (or a duck)
1 Kilogram fresh green mallow finely chopped
2 Onions
Salt and pepper
3 Mastic grains
3 Cardamom pods
1 Bay leaf

Taqliya:

4 Cloves garlic
1/4 Teaspoon hot chili pepper
2 Tablespoons dried coriander
2 Tablespoons ghee











Method:

1- Wash the chicken well, carefully removing any blood clots from within the cavity.
2- Boil water. Tie up chicken and place in boiling water along with onion , skim froth as it forms.
3- Poke thick parts of chicken breast with the tip of a knife to get rid of the blood near the bones.
4- Simmer for 30 minutes .Add salt , strain.
5- Pick mulukhyia, wash, chop by Makhrata, or food processor, then add to broth and stir constantly. Bring mulukhyiah to a boil twice, skimming froth. Remove from heat.
6- Crush garlic, red pepper, and coriander to prepare taqlyia and fry in ghee until golden yellow then add to mulukhyia. Serve.

6- *Batates Bil Lahma El Dany*

Potato and Lamb Casserole

1 medium plate (200 gm) =551 calorie
(Cooking time about – 90 minutes. Serving 5)

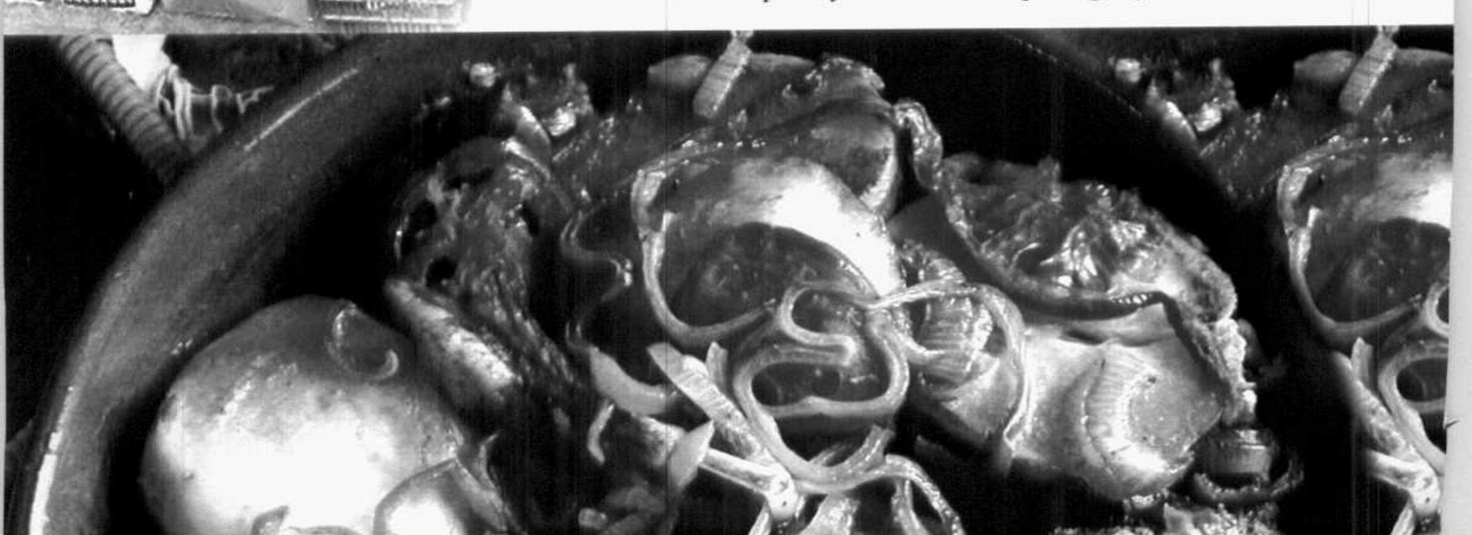
Ingredients:

1 Kilogram potatoes
1/2 Kilogram lamb rib chops
2 Large onions
Salt - pepper - nutmeg
5 Cloves garlic
1 Tablespoons ghee
1 Cup tomato juice
1 Cup meat broth
1 Tomato slices
1 Sweet pepper slices



Method:

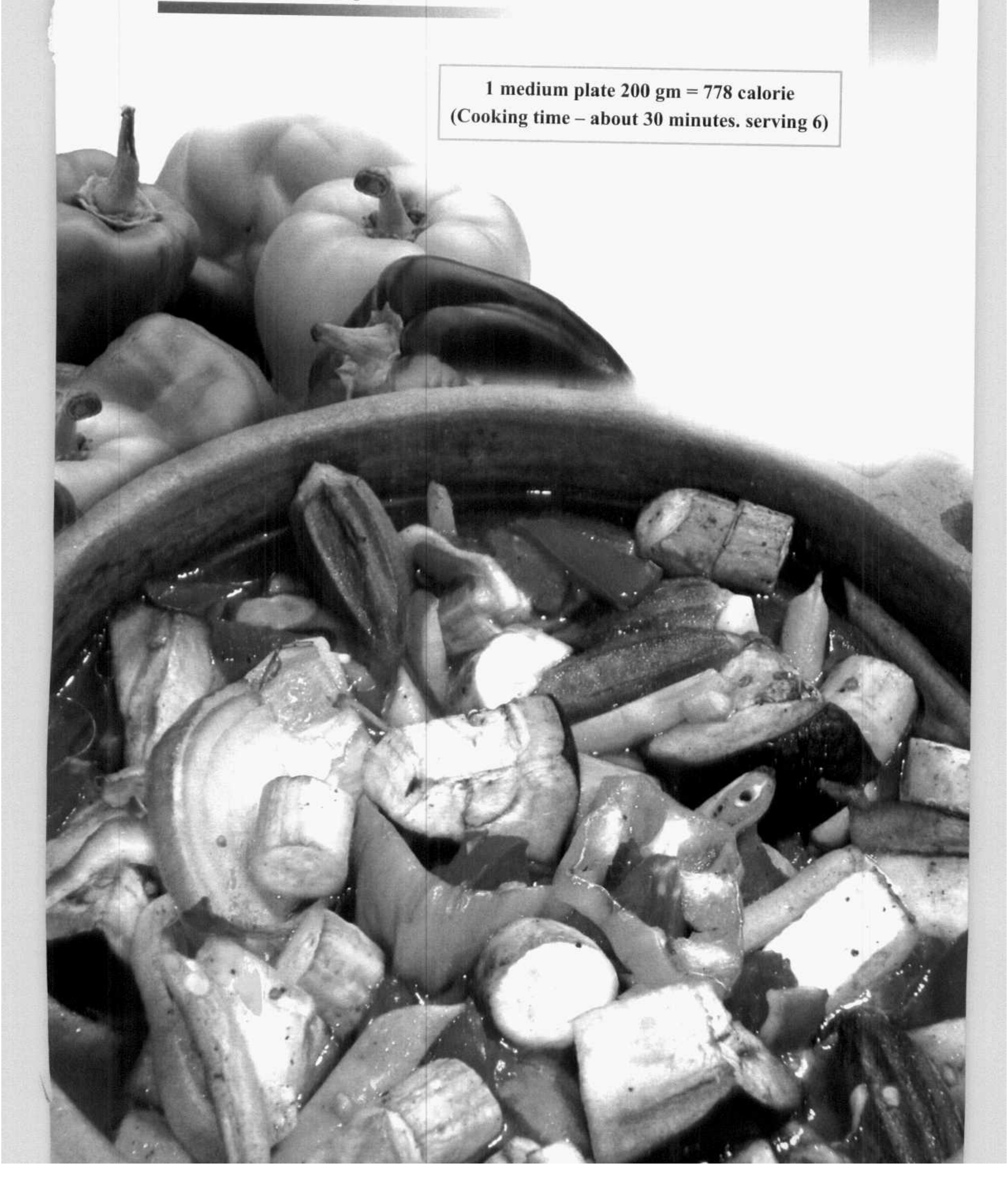
1- Peel potatoes and cut into 1 cm thin slices, slice onions and garlic, add salt, pepper. and nutmeg ,and rub onto meat.
2- Arrange half the potatoes and half the onion mixture in a casserole. Add meat, then cover with remaining potatoes and onions.
3- Slice tomato and pepper .Arrange on top of potatoes, add tomato juice , broth , and ghee.
4- Bake in a hot oven for 1 hour. Lower heat and bake for another 30 minutes until completely cooked and top is lightly browned. Serve.



7- *Turli Mishakil*

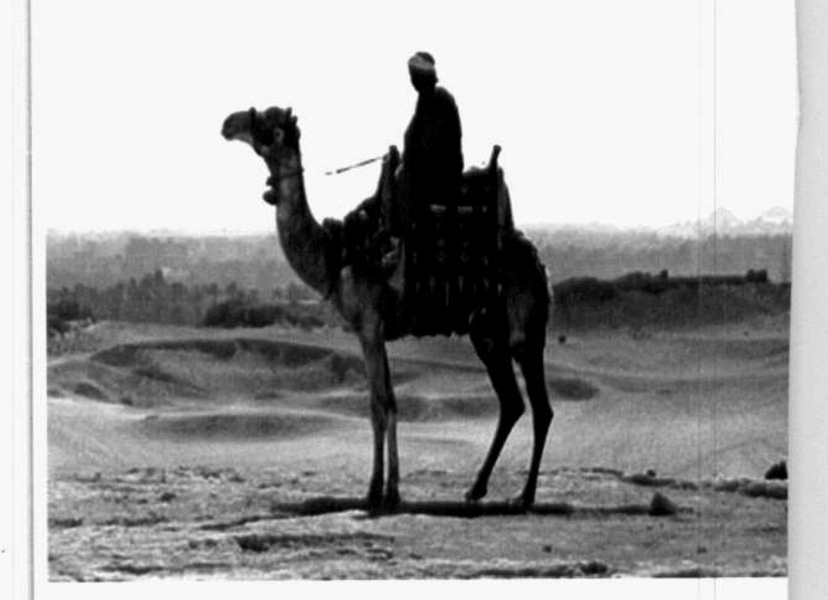
Stewed Mixed Vegetables

1 medium plate 200 gm = 778 calorie
(Cooking time – about 30 minutes. serving 6)



Ingredients:

1/4 Kilogram zucchini
1/4 Kilogram large eggplants
1/4 Kilogram sweet peppers
1/4 Kilogram okra
1/4 Kilogram green beans
1/2 Kilogram tomatoes
1 Kilogram lamb meat
4 Cloves garlic
2 Onions
Salt-pepper
1/2 Teaspoon mixed spice
1 Cup meat broth
2 Tablespoons ghee





Method:

1- Clean vegetables and cut into bite-sized pieces.
2- Slice onions and garlic, add salt , pepper, and mixed spices and rub into meat.
3- Dice tomatoes. mix well with all above ingredients.
4- Place the vegetables and meat in a metal baking pan or an earthen ware pot (brame), then add broth and ghee.
5- Place on medium heat for 30 minutes, then in a medium hot oven until lightly browned and cooked. Serve hot.

8- Kosa Bel Homous

Stewed Zucchini with Chickpeas

1 medium plate 200 gm= 551 calorie
(Cooking time about – 45 minutes. Serving 6)

Ingredients:

1 Kilogram large sized zucchini
1/2 Kilogram meat, cubed
1 Cup tomato juice
1 Cup meat broth
2 Tablespoons ghee
1 Onion
1/4 Small dried chickpeas, soaked in hot water
Salt –pepper

Method:

1- Scrape zucchini skin. Slice zucchini into small rounds.
2- Grate onions, mix with salt and pepper, rub onto meat.
3- Mix zucchini and meat. Add tomato juice ,broth ,ghee, and chickpeas.
4- Cook over medium heat for 30 minutes, then over low heat for 15 minutes until sauce thickens and ghee rises to the top. Serve.



9- Sapanekh Bel Lahma

Stewed spinach with meat



1 medium plate 200 gm = 345 calorie
(Cooking time about 45 minutes .Serving 6)

Ingredients:

1 Kilogram fresh spinach
1/2 Kilogram beef meat, cubed
1 Onion
Salt-pepper
2 Cups tomato juice
1 Cup meat broth
4 Cloves garlic
1 Bunch fresh coriander
2 Tablespoons ghee
1/4 Cup small dried chickpeas or rubbed soft grains (frik), soaked in warm water for 30 min.



Method:

1- Chop spinach. Soak in water for 5 minutes, then drain in a colander and wash under running water.
2- Chop onion and sauté in ghee until golden yellow. Add meat cubes and stir until liquid is partially absorbed.
3- Mince garlic and coriander, then add to meat and stir.
4- Add tomato juice seasoned with salt and pepper .Simmer until liquid is reduced and ghee rises to the top.
5- Add broth and bring to boil .Add spinach and bring to a boil. Add chickpeas or soft rubbed grain.
6- Cook over medium heat for 15 minutes, then lower heat and simmer until liquid is reduced and ghee rises to the top. serve.



10- *Bamia Bil Lahma*

Stewed Okra with Lamb

1 medium plate (150 gm) = 156 calorie
(Cooking time about-45 minutes.Serving 6)



Ingredients:

1 Kilogram fresh okra
1/2 Kilogram lamb meat (lion chops)
1 Liter meat broth
1 Onion –salt-pepper
1 Tablespoon lime juice
2 Tablespoons ghee
1 Hot chili pepper
2 Cloves garlic
1 Cup tomato juice

Method:

1- Wash okra, place in a sieve and dry, remove caps and thorns.
2- Grate onion and sauté in ghee until golden yellow .Rinse meat, add to onion and stir, adding a little pepper.
3- Add tomato juice and simmer until sauce thickens and ghee rises to the top .Add broth and bring to a boil, add salt.
4- Add okra and lime juice and boil for 30 minutes. Lower heat and simmer for about 10 minutes until ghee rises to the top and okra is well cooked .Crush garlic and chop hot chili pepper. Add to okra while cooking. Serve.



11- *Mumbar Mahshi Bel Rouz Wel Khodra*

Stuffed Chitterlings with rice and vegetables

1 medium plate (250 gm) = 625 calorie
(Cooking time about- 1 hour. Serving 4)

Chitterlings stuffing mix:

Ingredients:

1/4 Kilogram onions
1/2 Kilogram tomatoes
2 Tablespoons minced parsley
and 1 tablespoon mint
1/2 Kilogram rice
1/4 Kilogram ground beef
Salt and pepper
2 Tablespoons corn oil

Method:

1- Grind onions with food processor and dice tomatoes.
2- Mix all ingredients well and season with salt and pepper .Add oil. Mix and use to stuff chitterlings.





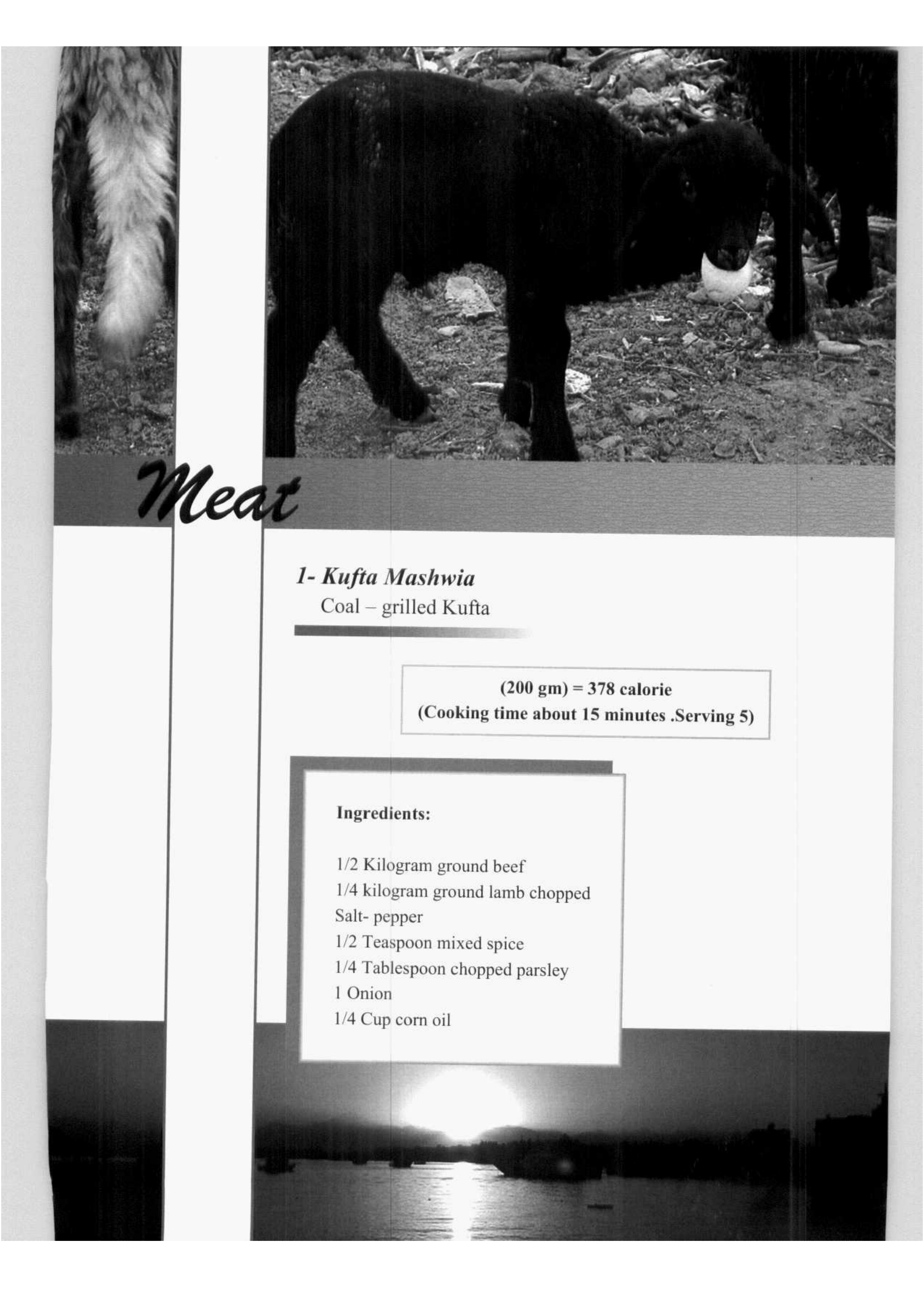
Ingredients:

1 Kilogram beef chitterlings
1/4 Cup Vinegar (for cleaning chitterlings)
2 tablespoons salt (for cleaning chitterlings)
1 1/2 liters water
3 Mastic grains
2 Cardamom pods
1 Bay leaf
1 Cup oil for deep frying



Method:

1-Turn chitterlings inside out, using a long thin object such as pencil or a wooden spoon handle, rub with vinegar and salt. Scrape with a knife on both sides.
2- Turn inside out again and wash well under running water.
3-Stuff loosely with chitterlings mix. Do not over stuff. Using a piece of thread, tie both ends and divides into links.
4- Boil water, drop stuffed chitterlings, and prick it to allow air to escape.
5- Add mastic grains, cardamom, and bay leaf, boil for 1 hour. Remove from broth, cut into individual pieces, and remove thread.
6- Strain broth and add some salt.
7-Fry boiled chitterlings in oil and serve hot with broth.



Meat

1- Kufta Mashwia

Coal – grilled Kufta

(200 gm) = 378 calorie
(Cooking time about 15 minutes .Serving 5)

Ingredients:

1/2 Kilogram ground beef
1/4 kilogram ground lamb chopped
Salt- pepper
1/2 Teaspoon mixed spice
1/4 Tablespoon chopped parsley
1 Onion
1/4 Cup corn oil

Method:

1- Grate onion and squeeze out it's juice, mix onion, ground meats, salt ,pepper, and mixed spices then blending thoroughly .Set aside for at least 1 hour to allow the flavors to develop.

2- Shape individual kufta around metal skewers, pressing firmly to make then finger-shaped.Grill over hot coals, brushing occasionally with oil until completely done .

3- Serve hot, garnished with parsley.



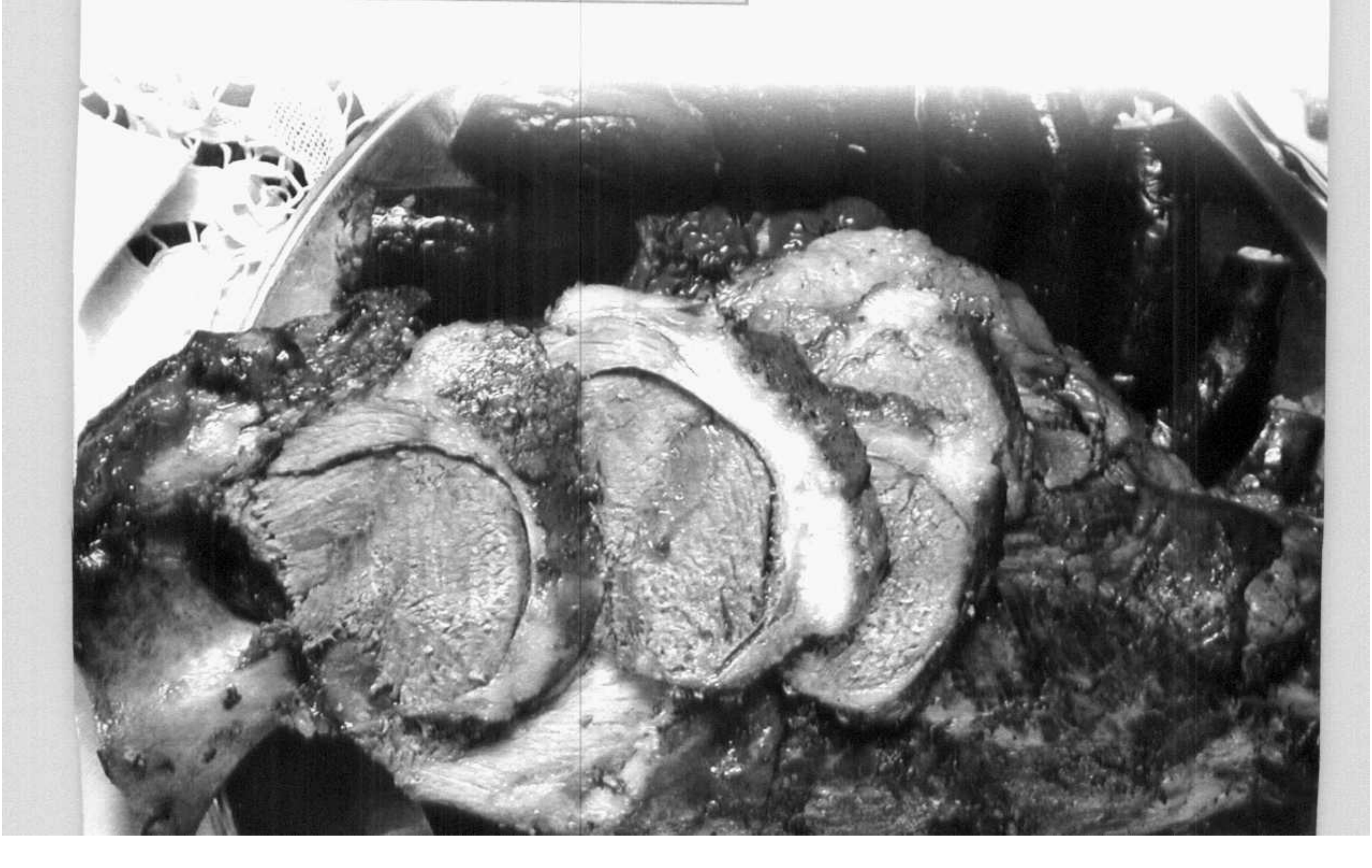
2- *Fakhda Dani b'el Batates*

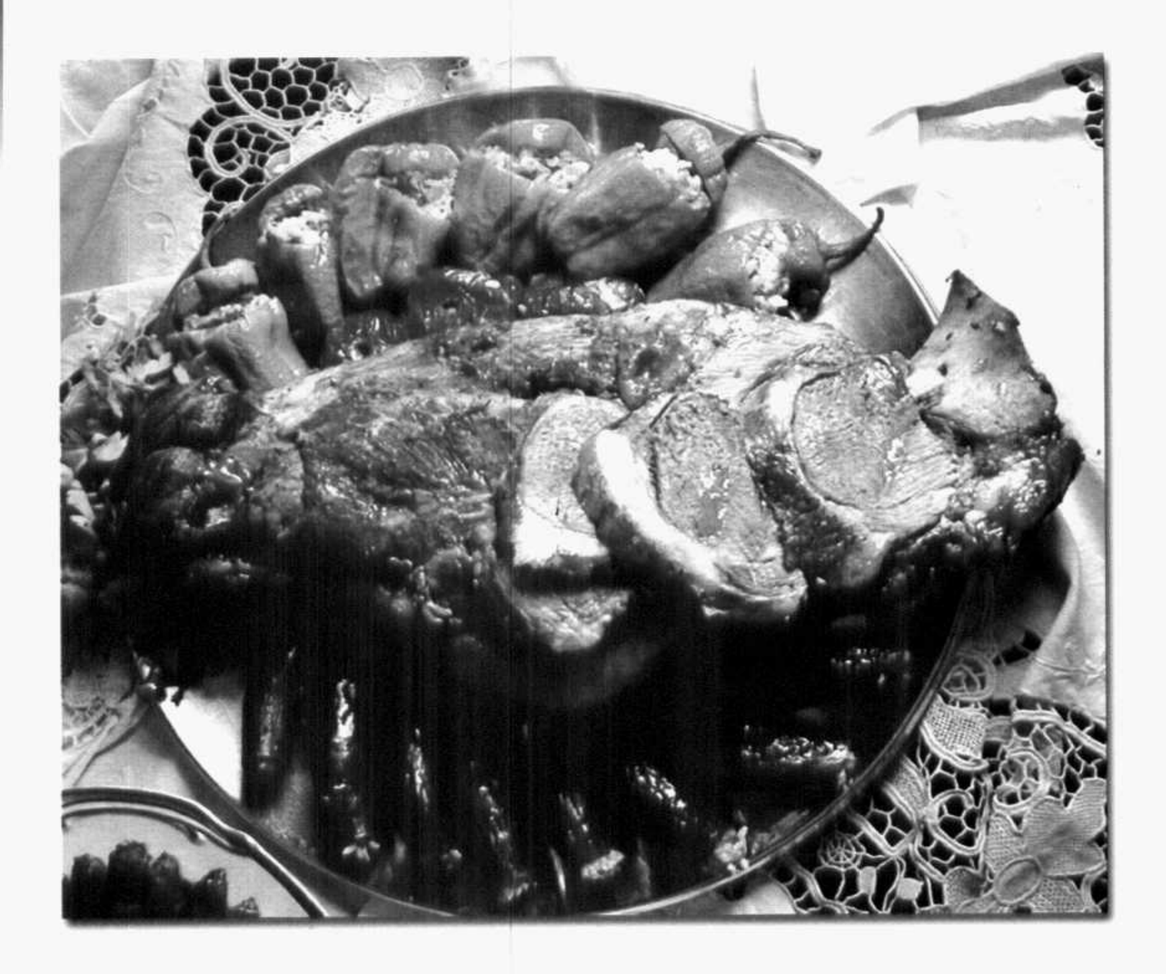
Leg of Lamb with Potatoes

1 piece about (200 gm) = 800 calorie
(Cooking time about 3 hours. Serving 10)

Ingredients:

1 Small leg of lamb (about 2.5 kilograms)
10 Cloves garlic
2 Heaped tablespoon ghee
1 Kilogram potatoes
Salt-pepper
1 Bay leaf
1 Cup broth





Method:

1- Wash leg well, removing the thick outer membranes. Break the thigh bone (femur) and place in an oven pan.
2- Season well with salt and pepper. Using the tip of the knife. Make several small cute and fill them with whole garlic cloves and peppercorns.
3- Melt ghee and pour over meat. Bake in a medium hot oven, basting occasionally until half cooked.
4- Prepare potatoes by peeling, cubing, and boiling in water for few minutes. Arrange around leg of the lamb .Season with salt , pepper , bay leaf , and garlic cloves .Cover and continue baking , basting occasionally until fully cooked.
5- Cool meat enough to handle then cut into even slices (carve). Place in a serving dish and arrange potatoes in a circular manner around the meat.
6- Mix broth with the dripping remaining in the oven pan. Boil, strain then pour over lamb and potatoes. Serve hot.

Note: - May gradually add up to two cups broth while the meat is cooking, if required.
- It can be served with stuffed vegetables, or khalta rice with nuts and chicken livers.

3- Kebda Bil Toom Wel Kamoon

Liver with garlic and cumin

1 medium plate 150 gm = 204 calorie
(Cooking time about – 15 minutes .Serving 3)

Ingredients:

1/2 Kilogram beef liver
5 Cloves garlic
Salt – pepper
1 Tablespoon dried coriander
1 Teaspoon cumin
1/2 Cup corn oil
1 Hot chili pepper
2 Lime juice



Method:

1- Remove outside membranes covering liver. Remove blood vessels. Chop into small thin pieces. Wash, and then drain in a colander.
2- Crush garlic, chili, coriander, cumin, salt, and pepper. Add to liver along with half of the lime juice. Marinate for 30 minutes.
3- Heat oil. Add liver pieces gradually, stirring constantly. (Oil must be kept hot at all times by adding liver gradually).
4- When liver is half cooked (after about 5 minutes) , lower heat , cover and cook for 10 minutes.
5- Remove lid, raise heat, and stir continuously until liver pieces are lightly browned. Season with the remaining lime juice and serve.

4- *Dem'a Bel Lahma*

Meat in tomato sauce

1 medium plate (200 gm) = 380 calorie
(Cooking time about – 30 minutes. Serving 5)

(It is usually served with stuffed vegetables, Fattah, green mallow and colcasia with chard)

Ingredients:

1 Kilogram shin meat, cubed
2 Cups tomato juice
2 1/2 Cups water or broth
2 Tablespoons ghee
Salt – pepper
1 Onion
4 Cloves garlic



Method:

1- Peel onion and garlic as a whole. Sauté lightly in ghee until golden yellow, add meat and sauté until browned. Add 2 cups of broth and simmer (until fully cooked about 30 minutes).

2- Add tomato juice and pepper, cook until sauce thickens and ghee rises to the top.

3- Add the remaining broth and salt then cook over low heat until boiling serve.

5- *Wara'et Lahma fel- forn*

Paper Wrapped Oven Baked Meat Dish

1 medium plate (250 gm) = 480 calorie
(Cooking time about – 90 minutes. Serving 6)

Ingredients:

1/2 Kilogram rib chops
1/4 Kilogram kidneys
1/2 Kilogram boneless rib roast
1/4 Kilogram lamb liver
1/2 Kilogram onions
1 Sheet wax paper
1 Sheet thick paper (used for rubbing meat) or a foil paper sheet
Salt-pepper
1/4 Teaspoon nutmeg



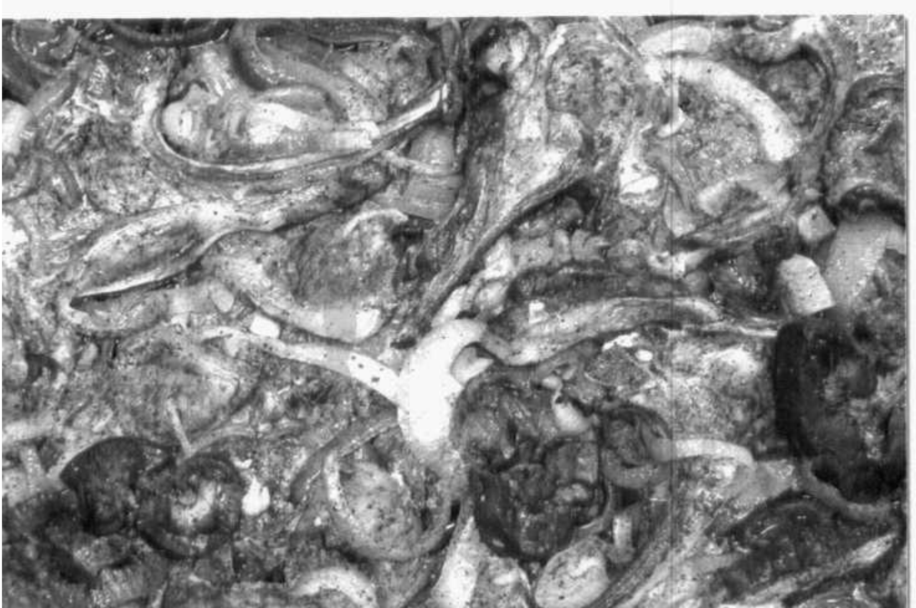
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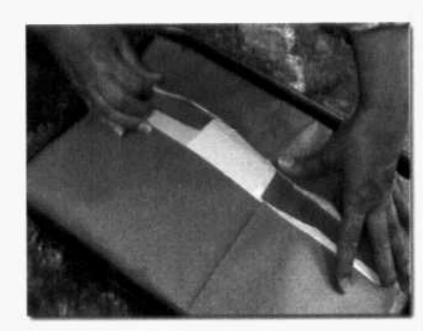
1- Wash rib chops and boneless rib roast, cube liver and cut kidney in slices season with salt, pepper and ground nutmeg.
2- Slice onion and mix with all ingredients ,place wax paper on top of meat paper, place meats, onion and spices in the middle and wrap.
3- Using a knife cut slits in paper to allow steam to escape. Wet the thick meat paper (in case of using foil paper there is no need to wet the surface).
4- Bake in a hot oven for at least 90 minutes, wetting the meat paper every time it begins to dry, until the meat is fully cooked. Remove paper. Serve hot.













6- *Kuftet Rouz We Batates Bel Salsa*

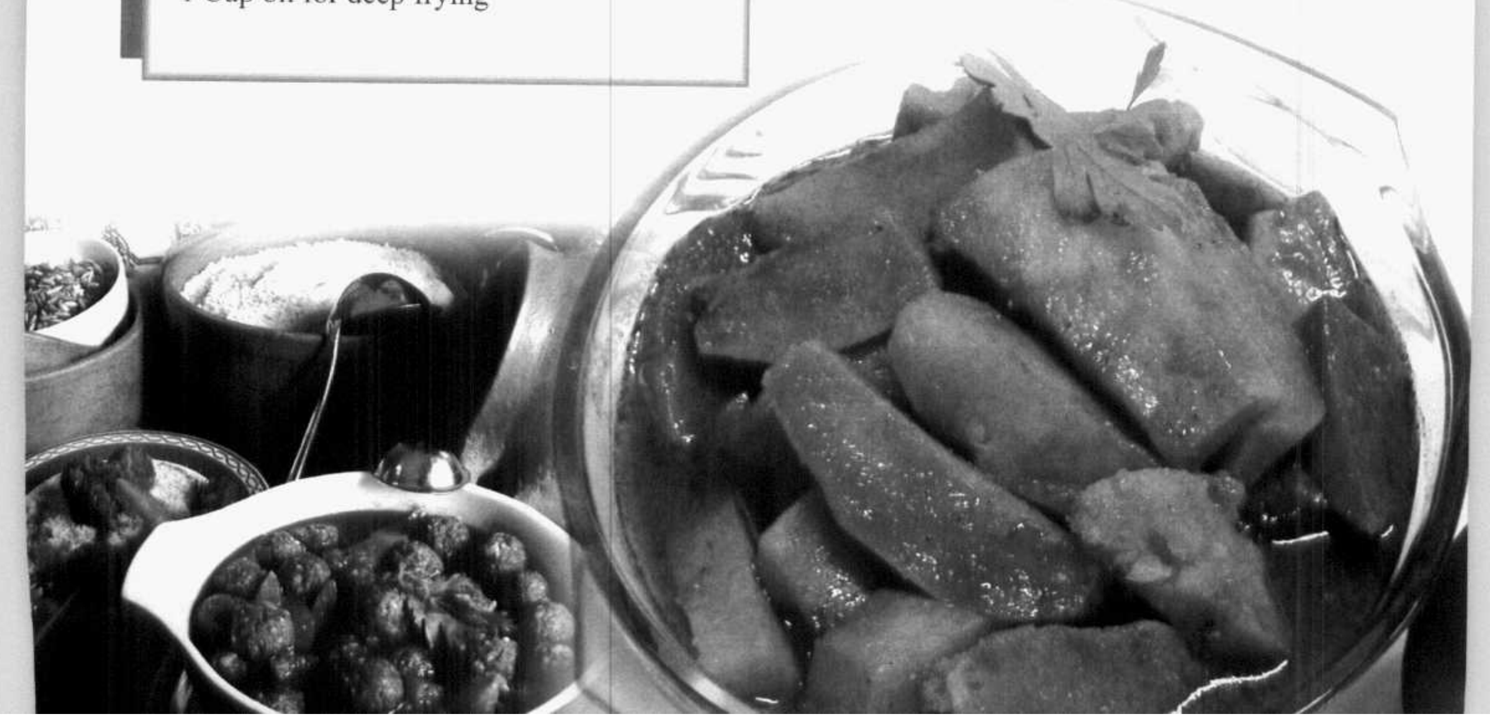
Rice Kufta with tomato sauce and potato wedges

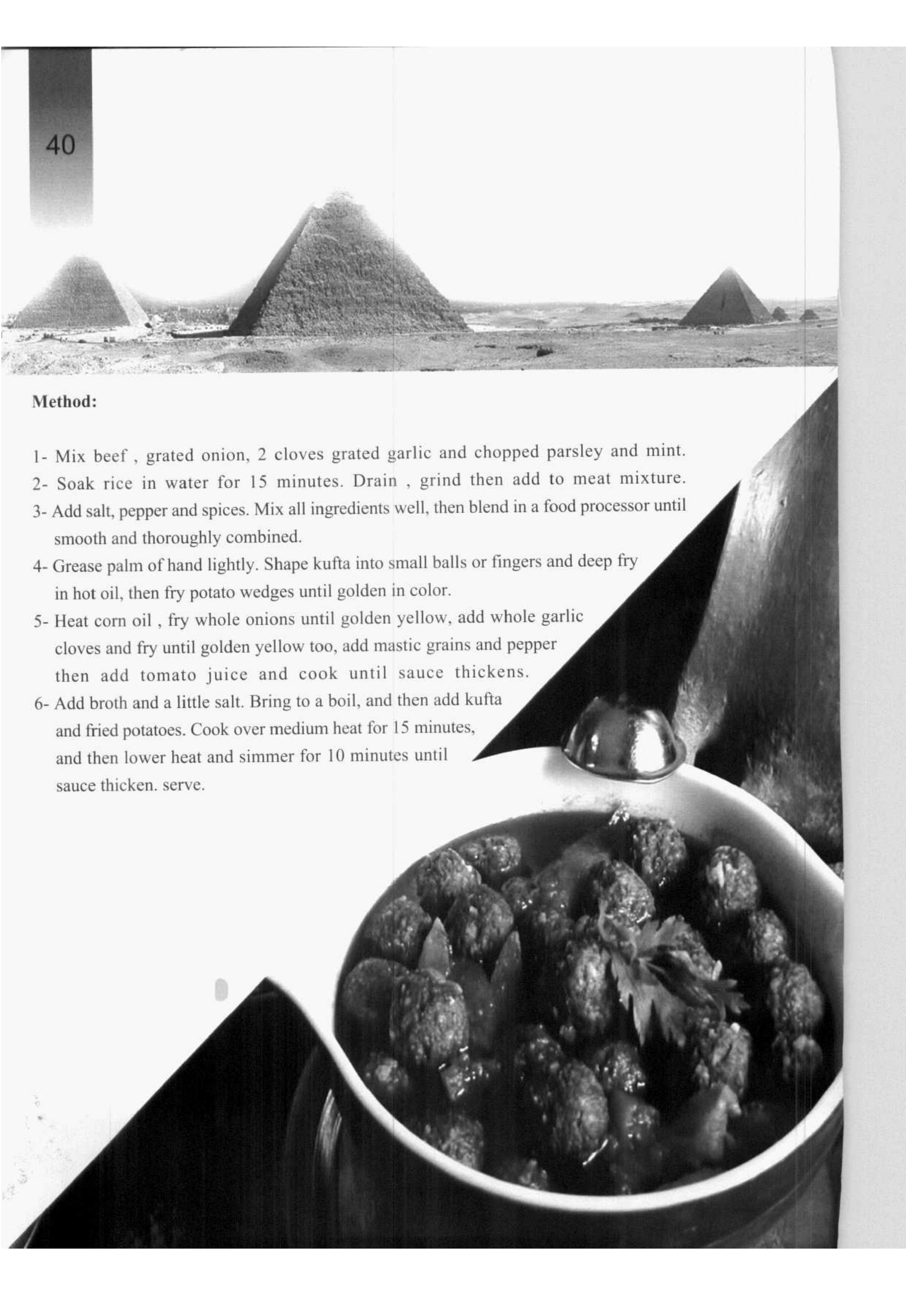
1 medium plate (250 gm) = 483 calorie
(Cooking time about – 45 minutes .Serving 4)

Ingredients:

1/2 kilogram ground meat
1 Small cup ground rice
1 Onion whole
4 Cloves garlic
Salt-pepper
1 Spoon each mint and parsley chopped
1 Small onion, grated
1/2 Kilogram potatoes, sliced into wedges
1 Cup tomato juice
1 Liter meat broth
2 Tablespoons corn oil
2 Mastic grains
1/2 Teaspoon meat spices
1 Cup oil for deep frying

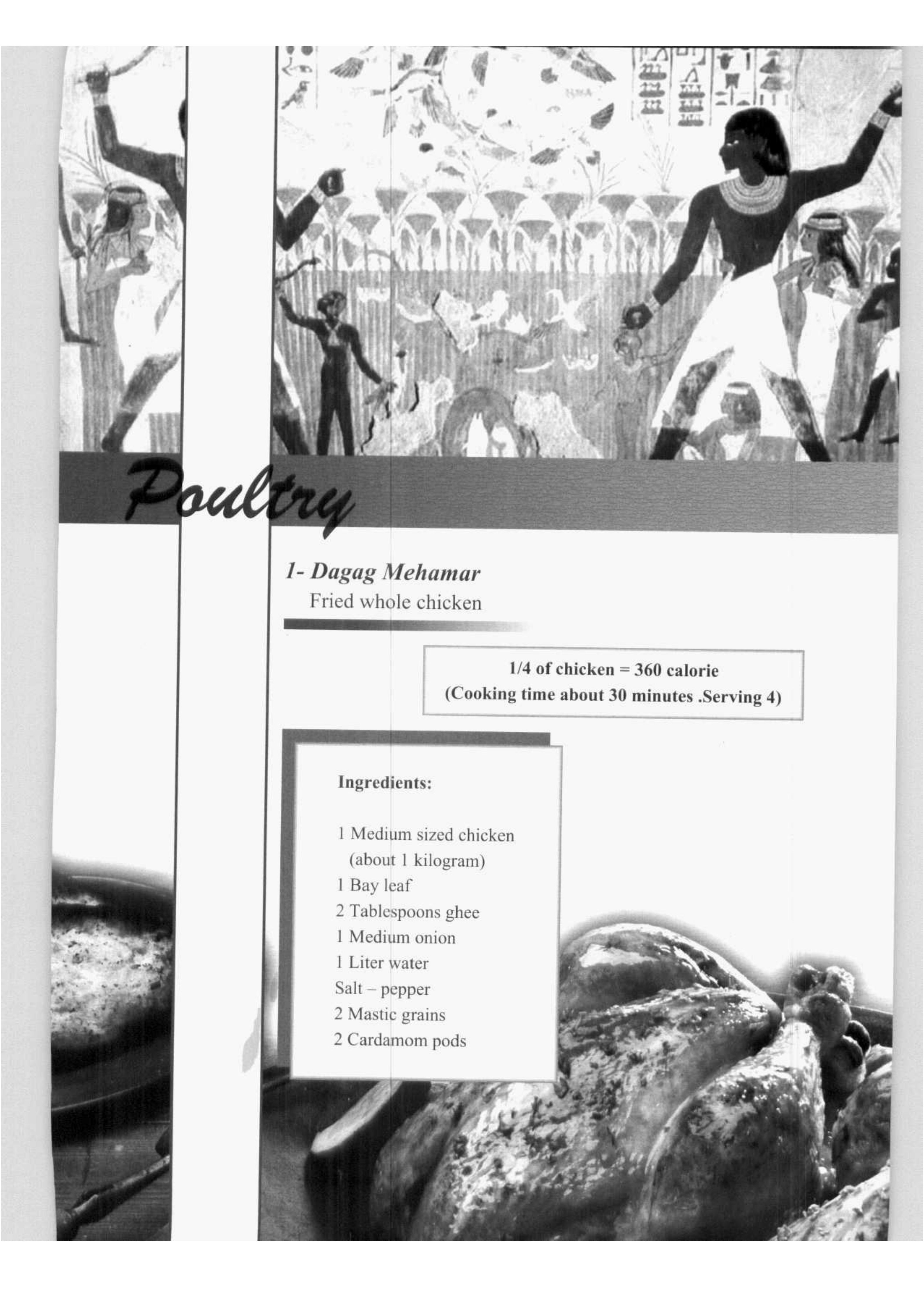






Method:

1- Mix beef , grated onion, 2 cloves grated garlic and chopped parsley and mint.
2- Soak rice in water for 15 minutes. Drain , grind then add to meat mixture.
3- Add salt, pepper and spices. Mix all ingredients well, then blend in a food processor until smooth and thoroughly combined.
4- Grease palm of hand lightly. Shape kufta into small balls or fingers and deep fry in hot oil, then fry potato wedges until golden in color.
5- Heat corn oil , fry whole onions until golden yellow, add whole garlic cloves and fry until golden yellow too, add mastic grains and pepper then add tomato juice and cook until sauce thickens.
6- Add broth and a little salt. Bring to a boil, and then add kufta and fried potatoes. Cook over medium heat for 15 minutes, and then lower heat and simmer for 10 minutes until sauce thicken. serve.



Poultry

1- Dagag Mehamar

Fried whole chicken

1/4 of chicken = 360 calorie
(Cooking time about 30 minutes .Serving 4)

Ingredients:

1 Medium sized chicken
(about 1 kilogram)
1 Bay leaf
2 Tablespoons ghee
1 Medium onion
1 Liter water
Salt – pepper
2 Mastic grains
2 Cardamom pods



Method:

1- Clean chicken and tie with string so that it holds its shape, heat 1 tablespoon ghee, lightly fry whole onion in ghee then add 2 mastic grains and a little black pepper. Add chicken and fry on all sides until a light brown color.

2- Add water and allow to boil, adding cardamom and bay leaf .Cook until well done , around 30 minutes , adding salt 5 minutes before full cooking.

3- Leave chicken in hot broth for 5 minutes, away from heat.

4- Remove chicken from broth and season with salt and pepper.

5- Coat with ghee and place in medium hot oven until golden brown .Serve.

2- *Kishk Bil Dagag*

Chicken Kishk (Creamy sauce with chicken)

1 Plate (200gm) = 416 calorie
(Cooking time about – 15 minutes .Serving 5)

Ingredients:

1 Cup yogurt
1/2 Cup flour
1 Cup milk
1 Onion
1/4 Cup corn oil
2 Cups chicken broth
2 Garlic cloves, crushed
Salt and pepper
1 Medium chicken, boiled and boned and cut into small pieces



Method:

1- Mix yogurt and flour, add milk and blend, then strain, cover and set aside for about 1 hour.
2- Grate onion and sauté lightly in oil until golden yellow .Remove from heat.
3- In a separate saucepan, boil broth, add crushed garlic, salt and pepper and boil for 5 minutes.
4- Add yogurt mixture , stirring constantly , until it thickens.
5- Add chicken to boiling mixture along with 1 teaspoon of the golden fried onions.
6- Pour mixture into a deep serving dish .Decorate top with remaining fried onions and oil leftover from frying the onions . Serve.

3- Batt Mehamar
Roasted Duck

1 quarter (250 gm) = 486 calorie
(Cooking time about 2.30 hours. Serving 8)

Ingredients:

Male duck (2. kilogram)
2 Tablespoons ghee
Salt – pepper
2 Mastic grains
2 Cardamoms
1 Medium onion
2 Liters water
1 Bay leaf

Method:

1- Clean duck and wash well from inside and outside, removing any blood clots from the cavity.
2- Boil water and remove the gland at the tail, then add duck and whole onion. Bring to a boil, removing any froth that forms. Add mastic grains , Cardamom , bay leaf and pepper.
3- Poke breast in several places to ensure complete cooking and continue cooking for 1 1/2 hours until almost cooked, add salt.
4- Remove pot from heat .Leave the duck in the hot broth for 5 minutes , then remove and place in an oven pan.
5- Season with salt and pepper and coat with ghee .Place in a medium hot oven for about 1/2 an hour until duck is fully cooked and top is lightly browned. Serve.



4- Hamam Mahshy Bil Freek

Stuffed pigeons with cracked wheat

1 stuffed pigeon = 308 calorie
(Cooking time about 75 minutes .Serving 6)

Ingredients:

6 Large sized pigeons
2 Onions
1 Cup cracked wheat
Livers and gizzards of the pigeons
2 Cardamoms
2 Mastic grains
1Bay leaf
Salt- pepper
1 Tablespoon ghee



Method:

1- Soak cracked wheat in hot water for at least one hour.

2- Grate onion and rub with salt and pepper. Dice chicken liver and gizzards.

3- Strain cracked wheat and add to above mixture. Add 1/2 tablespoon ghee, mix well .

4- Wash pigeons well. Stuff with above mixture from the bottom then close, using a needle and thread .Some stuffing can also be added under the skin in the neck and breast areas.

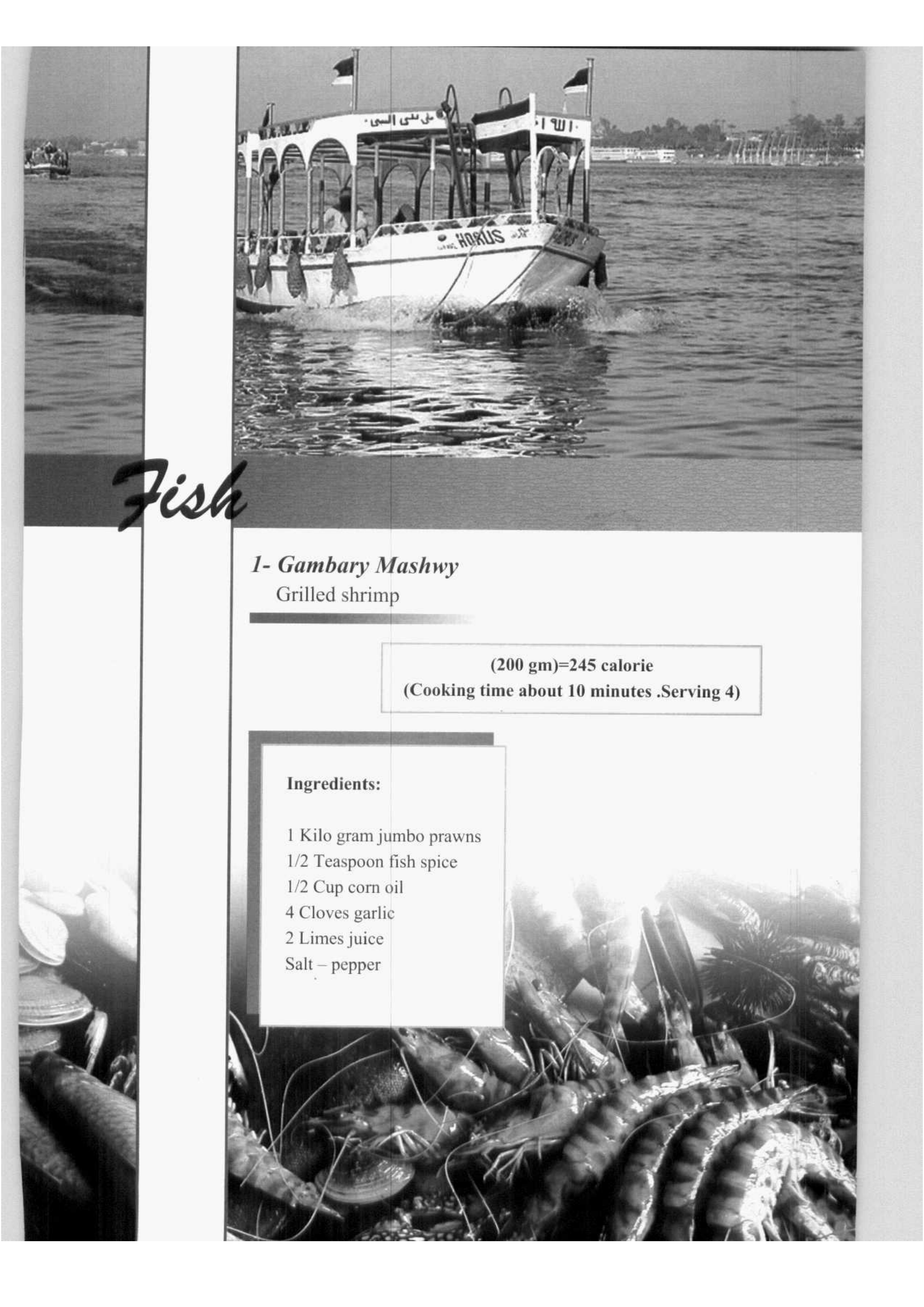
5- Boil water and place pigeons, removing froth as it forms.

6- Add mastic grains, cardamom and bay leaf .Cook over medium heat until well done (about one hour).Remove from heat and leave 5 minutes in hot broth, then remove and place in an oven pan .

7- Season pigeons with salt and pepper. Coat with ghee and bake in a hot oven for 15 minutes until golden brown .Serve.

Note: Rice can be used for feelings instead of cracked wheat





Fish

1- *Gambary Mashwy*

Grilled shrimp

(200 gm)=245 calorie
(Cooking time about 10 minutes .Serving 4)

Ingredients:

1 Kilo gram jumbo prawns
1/2 Teaspoon fish spice
1/2 Cup corn oil
4 Cloves garlic
2 Limes juice
Salt – pepper





Method:

1- Wash prawns. Using a sharp knife, make a lengthwise slit along the back to remove the vein, remove shell, leaving only the head and the tail or if preferred, do not remove shell.
2- Crush garlic and add to oil, lime juice, salt, pepper and fish spice. Mix with prawns in deep plastic container and marinate for at least 1 hour.
3- Heat oven pan well. Arrange shrimp on hot pan and cook, adding marinade occasionally to prevent drying. Flip on other side and repeat.
4- Serve on a plate garnished with lime slice.

2- *Senya Samak Bory Bel Batates*

Sea Bass and Potato Casserole

Portion (250 gm) = 598 calorie
(Cooking time about 30 minutes. Serving 4)

Ingredients:

1 Kilogram sea bass fish or
(bluefish, grey mullet)
1 Kilogram potatoes
1 Tomato sliced
1 Sweet pepper sliced
4 Garlic cloves
1 Bunch celery, chopped
2 Hot chili pepper
4 Limes juice
1/4 cup corn oil
Salt- pepper

Method:

1- Clean and wash fish well. Remove guts and gills.
2- Crush garlic, hot peppers, and celery. Add salt, pepper, and lime juice.
3- Using a knife, make a lengthwise slit along the back of the fish. Stuff, back and belly with about 2/3 of the garlic mixture.
4- Cut potatoes into medium slices and season with remaining garlic mixture, salt and pepper.
5- Arrange potatoes in an oven tray. Arrange fish on top of potatoes and cover with slices of tomato , sweet pepper and lime .
6- Add oil and lime juice to the fish and bake in a hot oven for 30 minutes until top is lightly browned. Serve.



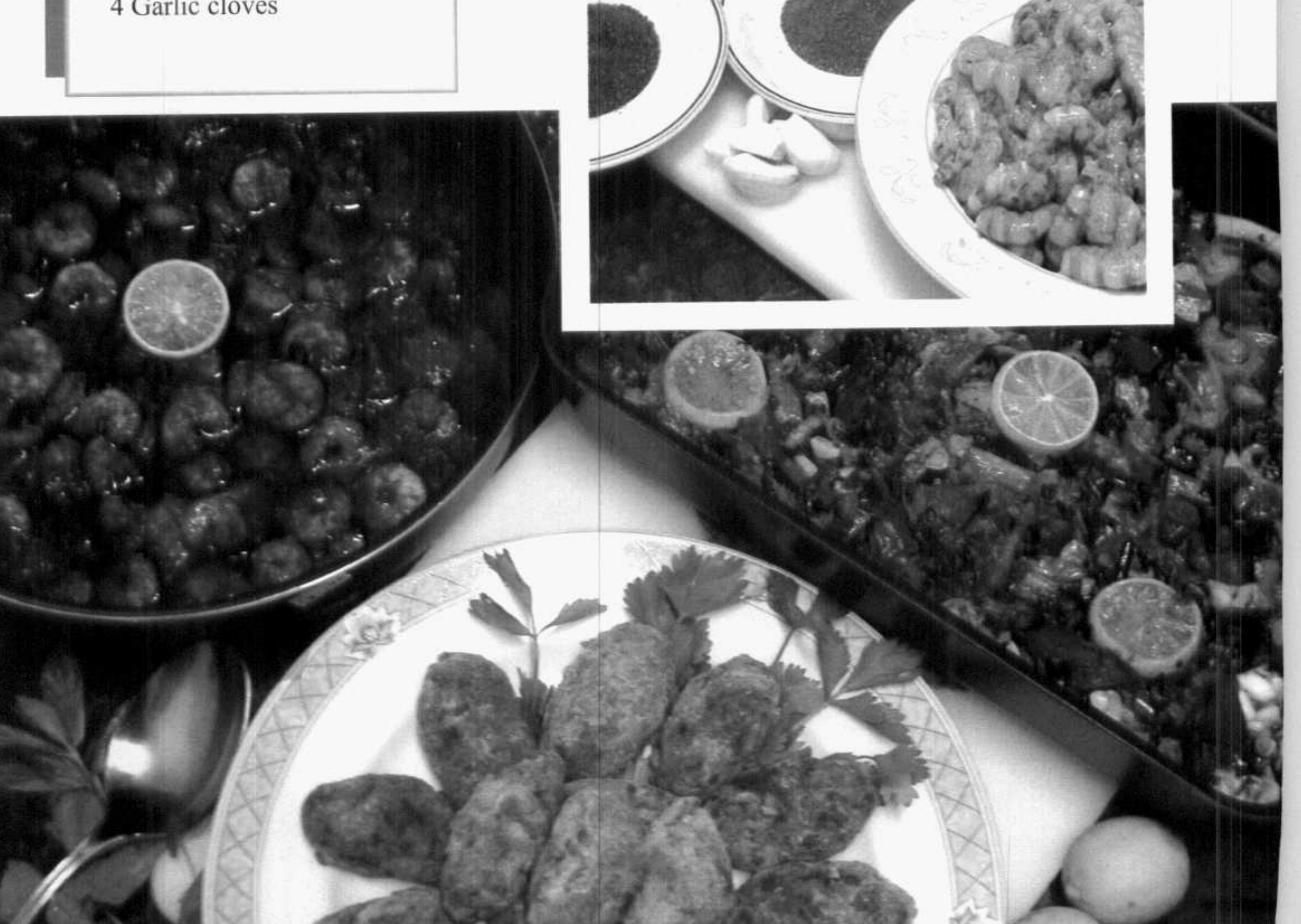
3- *Gambary Kamouneya*

Shrimp with cumin, and tomato sauce

(250 gm) = 291 calorie
(Cooking time about -15 minutes. Serving 4)

Ingredients:

1 Kilogram medium sized white shrimp
1 Tablespoon cumin
1 Tablespoon corn oil
1 Cup tomato juice
Salt – pepper
4 Garlic cloves





Method:

1- Peel shrimp, removing heads, then wash and put in a sieve.

2- Crush garlic and cumin. Heat oil and lightly sauté garlic and cumin. Add shrimp and stir for a few minutes.

3- Add tomato juice and season with salt and pepper. Cook until sauce thickens and oil rises to the surface. Serve.





4- Kuftet Gambary Bil Rouz

Shrimp Kufta with Rice

(250 gm) = 288 calorie
(Cooking time about 20 minutes .Serving 4)

Ingredients:

1 Kilogram small white shrimp
1/2 Cup finely ground rice
1 Bunch parsley
4 1 Bunch mint
4 Garlic cloves
1 Large onion
Salt – pepper
1/2 Teaspoon cumin
1/2 Cup flour
1 Egg
Oil for deep frying







Method:

1- Wash and peel shrimp, sift rice and add to shrimp. Add both onion and garlic , finely chop parsley and mint then mix all ingredients together in a meat grinder
2- Season mixture with salt, pepper, and cumin.
3- Shape as desired into balls or fingers (Grease palms with oil to help shaping kufta). Place in a vegetable steamer and steam for 10 minutes over boiling water.
4- Coat shrimp Kufta with beaten egg, then with flour .Fry in hot oil until golden brown. Serve on a plate , garnish with parsley and lime slices.

5- Tagin Subayt

Sibia Casserole

(250 gm) =274 calorie
(Cooking time about – 30 minutes. Serving 4)

Ingredients:

1 Kilogram sibia
1/2 Kilogram tomatoes
1 Hot chili pepper
2 Lime juice
1/4 Cup corn oil
Salt- pepper
2 large onions
4 Garlic cloves
1 cup water
2 Limes, sliced









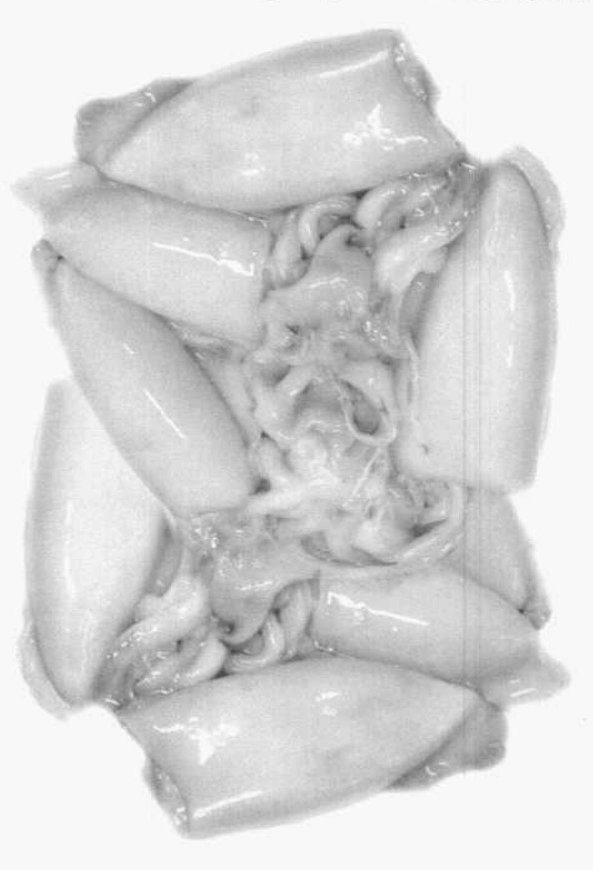






Method:

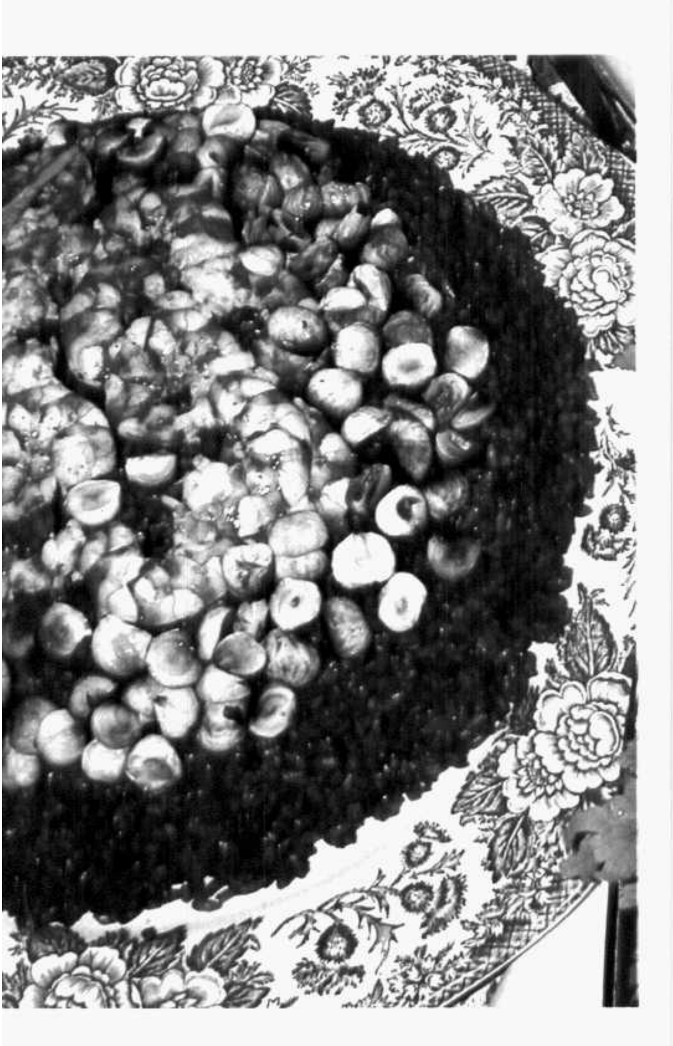
1- Wash sibia and sibia legs well. Cut sibia bodies into 1 cm. thick slices.
2- Slice onions and garlic. Chop celery and dice tomatoes.
3- Saute onion and garlic in oil until yellow. Add celery and chopped chilli pepper then stirs for 5 minutes. Add tomatoes seasoned with salt and pepper. Cook until sauce thickens and oil rises to the top.
4- Add water to the mixture and bring to a boil. Add sibia. Pour whole mixture into an ovenproof dish. Garnish with lime slices and bake in a medium hot oven for 15 minutes until top is golden brown. Serve.



6- Rouz Be Fwakeh El Bahr

Sea food rice

1/2 cup cooked rice= 704 calorie
(Cooking time about – 30 minutes. Serving 6)



Ingredients:

3 Cups fisherman's style rice (next recipe)
1/2 kilogram medium sized red shrimp
1/2 kilogram sibia
1/2 kilogram fish fillet (perch or bass)
1/4 kilogram hazelnuts
1/8 kilogram pine nuts
1 Cup tomato juice
1 Large onion
2 Tablespoons corn oil

Method:

1- Wash shrimp and peel. Wash sibia and cut into 1 cm thick slices. Wash fillets and season with salt and pepper.
2- Grate onion and fry lightly in oil until yellow in color .Add shrimp and squid and stir for a couple of minutes. Add tomato juice seasoned with salt and pepper .Cook until sauce thickens and oil rises to the top.
3- Mix above ingredients with prepared Fishermen's style rice.
4- Fry fish fillets in a little oil or butter. Peel skins, add to rice , then cook over low heat for about 5 minutes.
5- Boil hazelnuts for about 5 minutes then cool. Peel, divide each nut in half and fry lightly in corn oil, remove, fry pine nuts lightly in oil and remove when a light golden color. Put the rice in a serving dish then garnish with pine nuts and hazel nuts .Serve.

7- Rouz Sayadya

Fisherman's style rice

1/2 cup = 148 calorie
(Cooking time about -30 minutes .Serving 6)

Ingredients:

3 Cups rice
1 Large onion
Salt – pepper
1 Teaspoon cumin
2 Tablespoons oil
1 Liter water

Method:

1- Grate onion and sauté in ghee until dark brown in color.
2- Add 2 tablespoon water and stir well until onion loosens completely. Add one liter water and bring to boiling.
3- Add salt , pepper , cumin , then wash the rice , add it and stir.
4- Cook until liquid is almost absorbed, lower heat and continue cooking until rice in well done.





Beans (vegetarian)

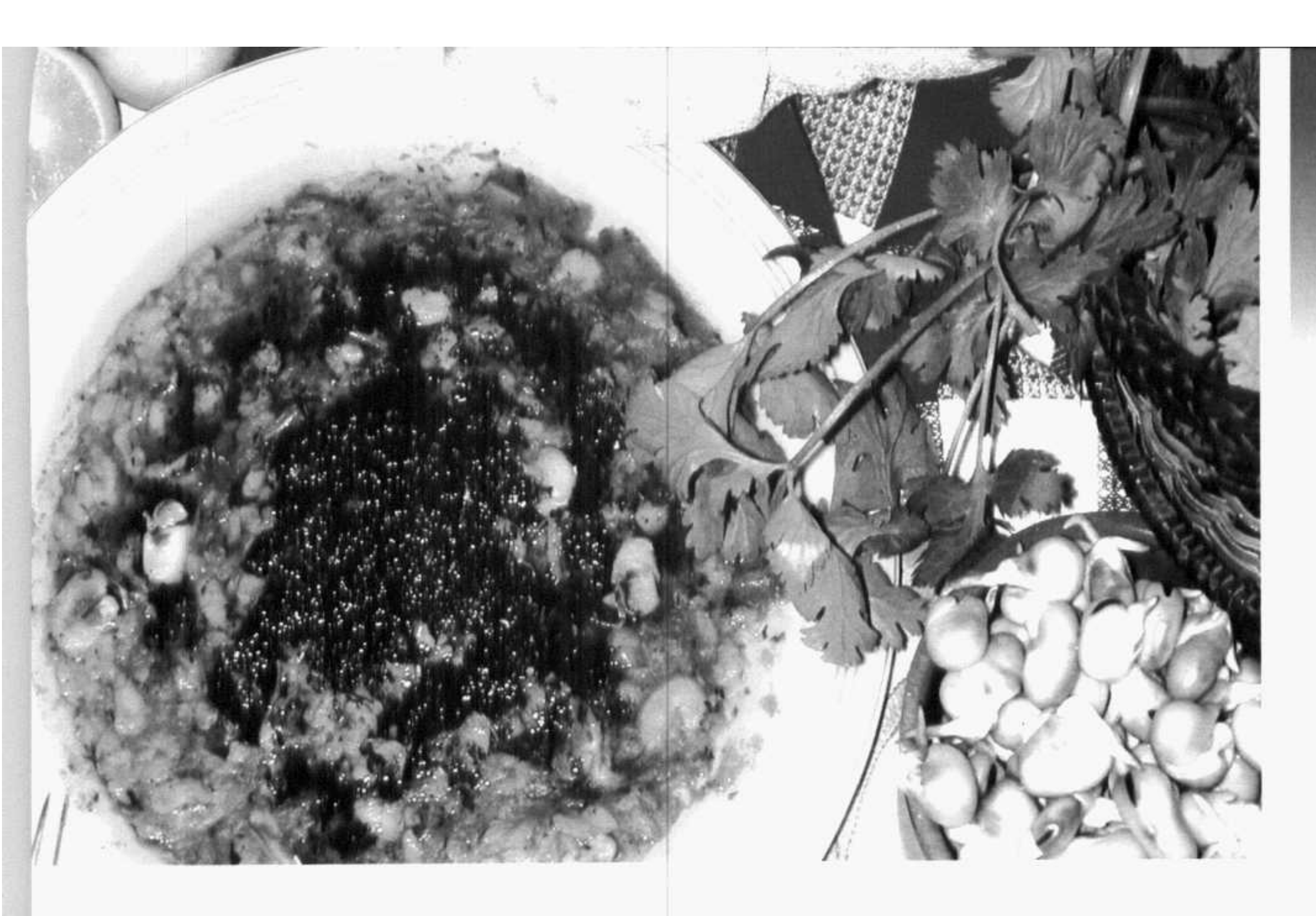
1- Fulyia Bel Khodra

Broad beans with chard and coriander

1 medium plate = 79 calorie
(Cooking time about -30 minutes. Serving 4)

Ingredients:

1/2 Kilogram bean sprouts
1 Liter water
1 Bunch chard
1 Bunch fresh coriander
1 Tablespoon corn oil
1 Lime juice
4 Cloves garlic
1 Medium onion



Method:

1- Wash chard leaves. Chop chard stalks and rinse with water.
2- Chop onion and fry lightly in oil until yellow , then add chopped chard stalks and fry , add water and bring to a boil.
3- Peel broad beans add to water. Cook to 2/3 doneness, then add rice, season with salt and pepper and continue cooking until fully cooked.
4- Boil chard leaves in a little bit of water (1/4 cup) for 5 minutes, and puree in a blender. Add to previous mixture and continue cooking until mixture thickens. Serve in one large or several small deep dishes.
5- Crush garlic and chop fresh coriander. fry in hot oil and sprinkle on top bean dish , add lime . Serve.



2- Kushari be'adds abu gibba or migadara

Brown lentils with rice and macaroni

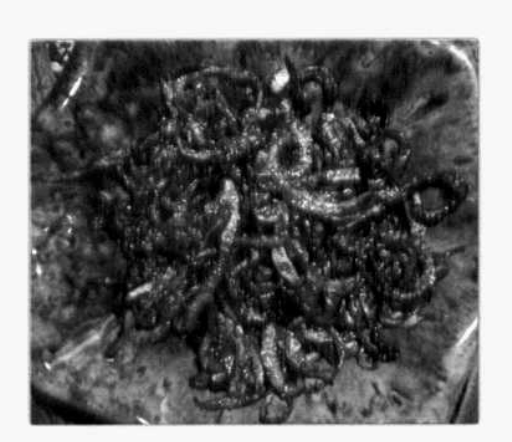
1 medium plate = 169 calorie
(Cooking time about -60 minutes. Serving 4)

Ingredients:

1 Cup brown lentils
1 Cup rice
1/2 Cup vermicelli
1 Cup small pasta (elbow)
1/2 Cup chickpeas (boiled)
2 Large onions
1/4 cup corn oil

For Daqqa:

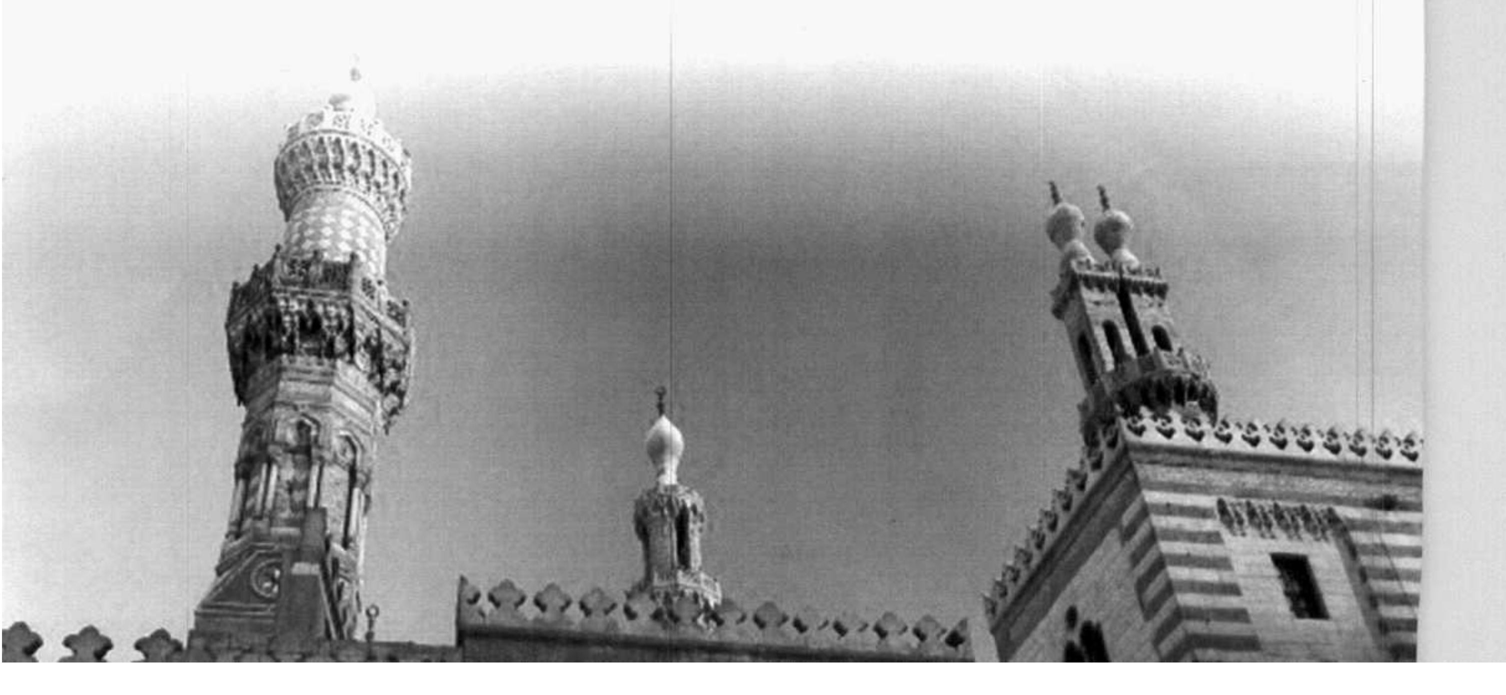
6 Cloves garlic
1/4 Cup vinegar
Salt
1 Teaspoon chili pepper
2 Cups tomato juice
2 Tablespoons oil



To make ***Daqqa***

Daqqa **is a tomato sauce with vinegar, garlic, and hot chili pepper used to sprinkle on** ***Kushari.***

1- Crush garlic, salt, and chili pepper together. Fry in oil until a light golden brown.
2- Add tomato juice and cook until sauce thicken and oil rises to the top. Add vinegar and bring to a boil.



Method:

1- Slice onions fry in oil (1/4 cup) in a deep pot until golden yellow. Remove onions and set aside. Fry vermicelli in the remaining hot oil until golden brown in color .Add 1 1/2 cups water and a little salt .Bring to a boil , add rice and continue cooking until liquid is absorbed and rice is fully cooked (About 30 minutes).

2- In mean while boil lentils in 2 cups water for 40 minutes over medium heat, then drain and rinse lentils with water. Then place in a pot with 1/4 cup water and heat over a low flame.

3- Bring a pot of water to a boil ,add salt and a 1 table spoon of oil ,and boil macaroni until cooked ,rinse with cold water, then place in a pot with 1/4 cup water and a little salt and heat over a low flame.

4- To serve, layer components in the following order, rice with vermicelli followed by macaroni then lentils, then chickpeas. Sprinkle fried onions on the top. Spoon daqqa over dish and serve.



3- Besara Bil Basterma

Stewed crushed Beans with Basterma

(Vegetarian-without ***Basterma***)

1 medium plate = 233 calorie

(Cooking time about-1 hour .Serving 4)



Ingredients:

1/2 Kilogram dried, crushed broad beans
1 Tablespoon dried coriander
1 Tablespoon cumin
4 Cloves garlic
Salt and 1/4 teaspoon hot chili pepper
1Tablespoon caraway
2 Tablespoons corn oil
1 Onion
1/4 Kilogram basterma

Method:

1- Wash beans with water several times until water runs clear. Place in a pot cover with water, and then cook over low heat for 30 minutes without stirring
2- Strain beans .Add salt, red pepper, cumin, and caraway. Cook, stirring constantly until mixture thickens. Add 1/2 the amount of the basterma to the beans after straining and during cooking
3- Crush garlic and coriander, and then fry in 1 tablespoon oil until golden yellow. Add to mixture ,cook for 5 minutes , then pour onto small plates
4- Slice onion and fry in 1 tablespoon oil until golden. Garnish stewed beans with the fried onions and the remaining basterma. Serve

4- Ta'miya or Falafil

Fried Crushed Bean Patties

4 medium patties = 194 calorie
(Cooking time about – 10 minutes .Serving 4)

Ingredients:

1/2 Kilogram crushed broad beans
1 Bunch parsley
1 Bunch each fresh mint, coriander, and leeks
1 Large onion
3 Cloves garlic
Salt
1 Tablespoon cumin
2 Tablespoons dried coriander
1/2 Teaspoon hot chili pepper
1 Egg
2 Tablespoons sesame seeds
Oil for deep frying

Method:

1- Soak crushed beans for 6 hours, then strain. Chop greens, garlic, and onion. Grind all ingredients well using an electric grinder.
2- Season mix with salt, cumin, dried coriander, and chili pepper.
3- Beat eggs and add to above mixture directly before frying. Shape into patties, lightly dip each side in sesame seeds.
4- Deep fry in hot oil till golden brown. Serve.



5-'Ads Abazi Bel Dagag

Lintels with chicken (Abazi Style)

1 medium plate = 754 calorie
(Cooking time about – 1 hour .Serving 4)



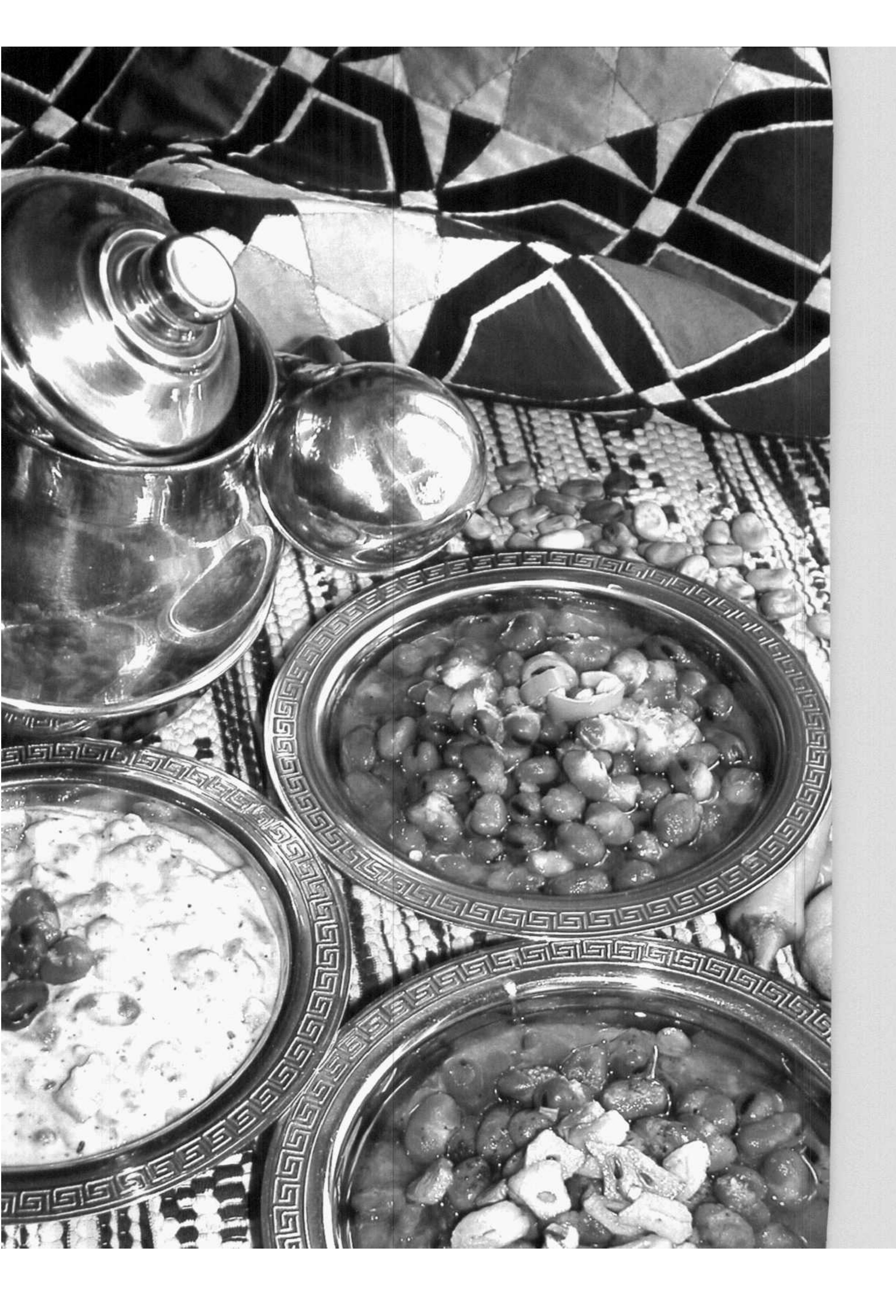
Ingredients:

1/2 Kilogram yellow lentils
1 Boiled chicken
1/4 Kilogram ground meat cooked
1 Teaspoon dried mint
1 tablespoon each cumin, dried coriander
4 Spoons garlic crushed
1 1/2 Liters chicken broth
1Bunch fresh parsley
1 Bunch fresh coriander
Salt – pepper
1 Onion
2 Tablespoons ghee



Method:

1- Wash lentils and boil in broth for 30 minutes over low heat until the mixture becomes thick, strain through a vegetable strainer.
2- Remove bones from boiled chicken. Cut into small pieces and arrange in an ovenproof dish generously coated with ghee.
3- Pour strained lentils over chicken pieces. Spoon ground meat on lentils , then sprinkle 2 teaspoon s of crushed raw garlic over the dish.
4- Chop onion and fry in ghee. Add to previous mixture and season with cumin ,dried mint, chopped fresh coriander , salt and pepper.
5- Fry remaining garlic and 1 tablespoon dried coriander. Sprinkle over above mixture and garnish with chopped parsley.
6- Bake in a medium hot oven for 15 minutes until top is browned .Serve.



6- Fool Midamis

Stewed Broad Beans

1 medium plate (200 gm) = 182 calorie
(Cooking time about – 5-6 hours .Serving 5)

Ingredients:

1/2 kilogram of dried beans
2 Tablespoons yellow lentils
2 Tablespoons whole wheat grain
2 Whole cloves of garlic
1 Whole tomato

Method:

1- Wash the beans, soak them in cold water for 1 hour , then drain .Place in a dammasa (A special pot for stewing broad beans) , or any deep cooking pot.
2- Cover with fresh water and add 2 tablespoons each of yellow lentils and whole wheat grain, one whole tomato and two whole cloves of garlic. bring to a boil and cook for 10 minutes.
3- Lower heat as much as possible or (You may use a weak electric heater for slow cooking) and cook for 5 – 6 hours, adding 1 cup of boiling water and stirring when the beans are two-thirds of the way stewed.





Different types for serving Broad Beans:

- *Fool Bel Tamatem Wel Felfel*

Broad Beans with Tomatoes and Hot Chili Peppers

Ingredients:

1 Cup stewed broad beans
Salt – pepper
2 Spoons ghee
2 Cloves garlic
2 Tomatoes diced
2 Hot chili peppers
1 Tablespoon chopped parsley

Method:

1- Slice garlic and fry in ghee until yellow in color, add diced tomatoes and peppers, stir.
2- Add stewed beans, salt and pepper allow cooking until sauce thickens and ghee rises to the surface (about 10 minutes).
3- Garnish with parsley and serve.



- *Fool Bel Zeet wel Limoon*

Stewed Broad Beans with oil and lime juice



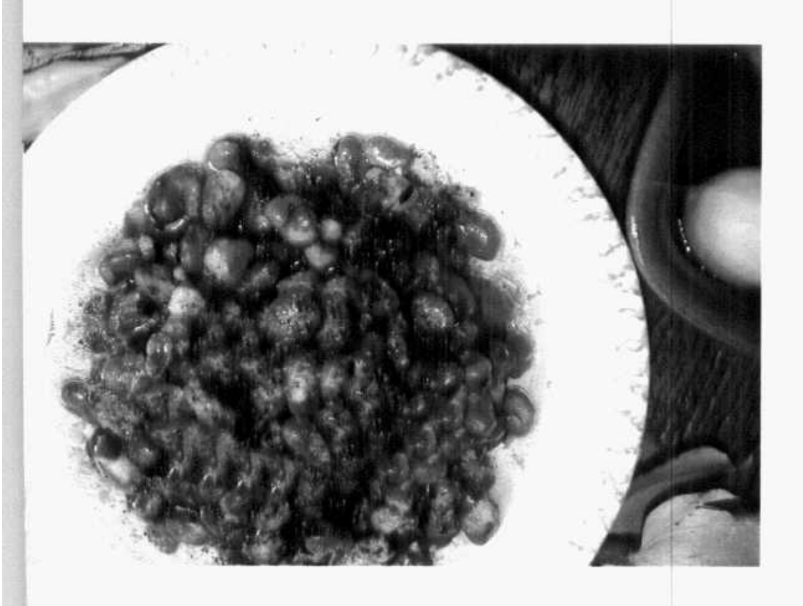
Ingredients:

1 Cup stewed broad beans
2 Tablespoons corn, olive or linseed oil
1 Hot chili pepper
1 Lime juice
Salt
1/2 Teaspoon cumin



Method:

Season broad beans with salt, oil, lime, and spices according to taste. Serve.



- *Fool Bel Zebda*

Broad beans with butter

Ingredients:

1 Cup stewed broad beans
1tablespoon butter or ghee
Salt – pepper

Method:

Place ghee or butter on serving plate. Heat beans, add to ghee, stir and season with salt and pepper. Serve.

7- 'Ads Abu Gibba Matboukh

Stewed Brown Lentil

1 medium plate = 204 calorie
(Cooking time about – 1 hour .Serving 4)

Ingredients:

1/2 Kilogram brown lentils
1 Large onion
1 Cup tomato juice
2 Cups water
2 Tablespoons corn oil
4 Crushed garlic cloves
1 Teaspoon Salt
1 Teaspoon cumin
1 Hot chili pepper



Method:

1- Wash lentils. Soak for 1 hour, drain well, then place in a pot and cover with water, boil for 10 minutes then simmer over low heat for 40 minutes until fully cooked .Rinse with cold water.
2- Chop onion and sauté lightly in oil until golden yellow. Add tomato juice and season with salt and pepper. Cook until sauce thicken and oil rises to the top.
3- Add water. Bring to a boil, then add boiled lentils and cook for more 15 minutes.
4- Crush garlic and cumin. Add to mixture and boil for 5 minutes. Serve with green onions.



Eggs (vegetarian)

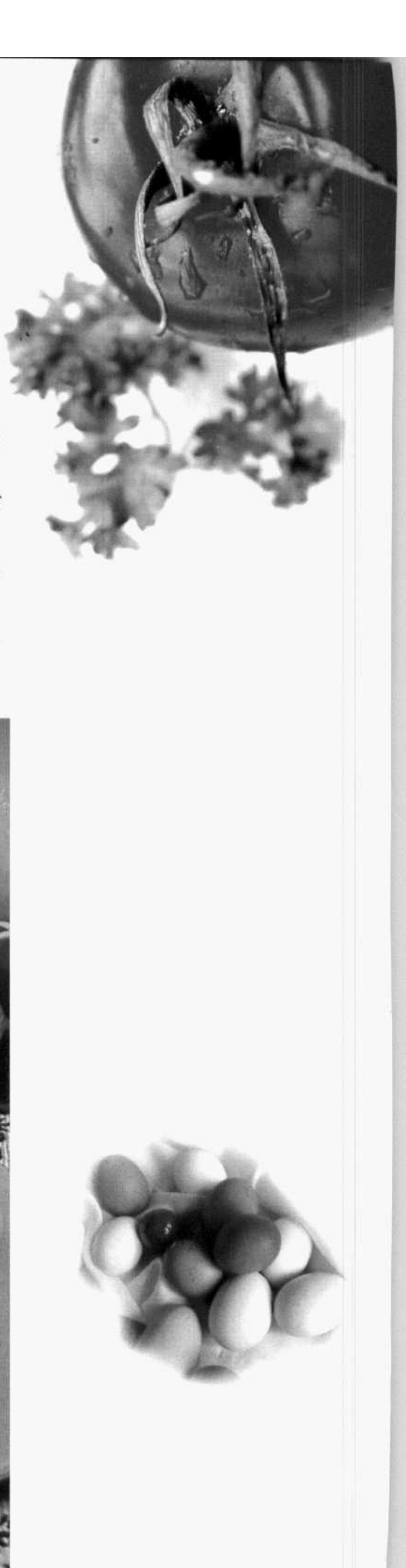
1- Shakshuka Bel Beed Wel Tamatem

Baked eggs with tomato and vegetables mixture

1 medium plate with 2 eggs = 313 calorie
(Cooking time about – 30 minutes .Serving 3)

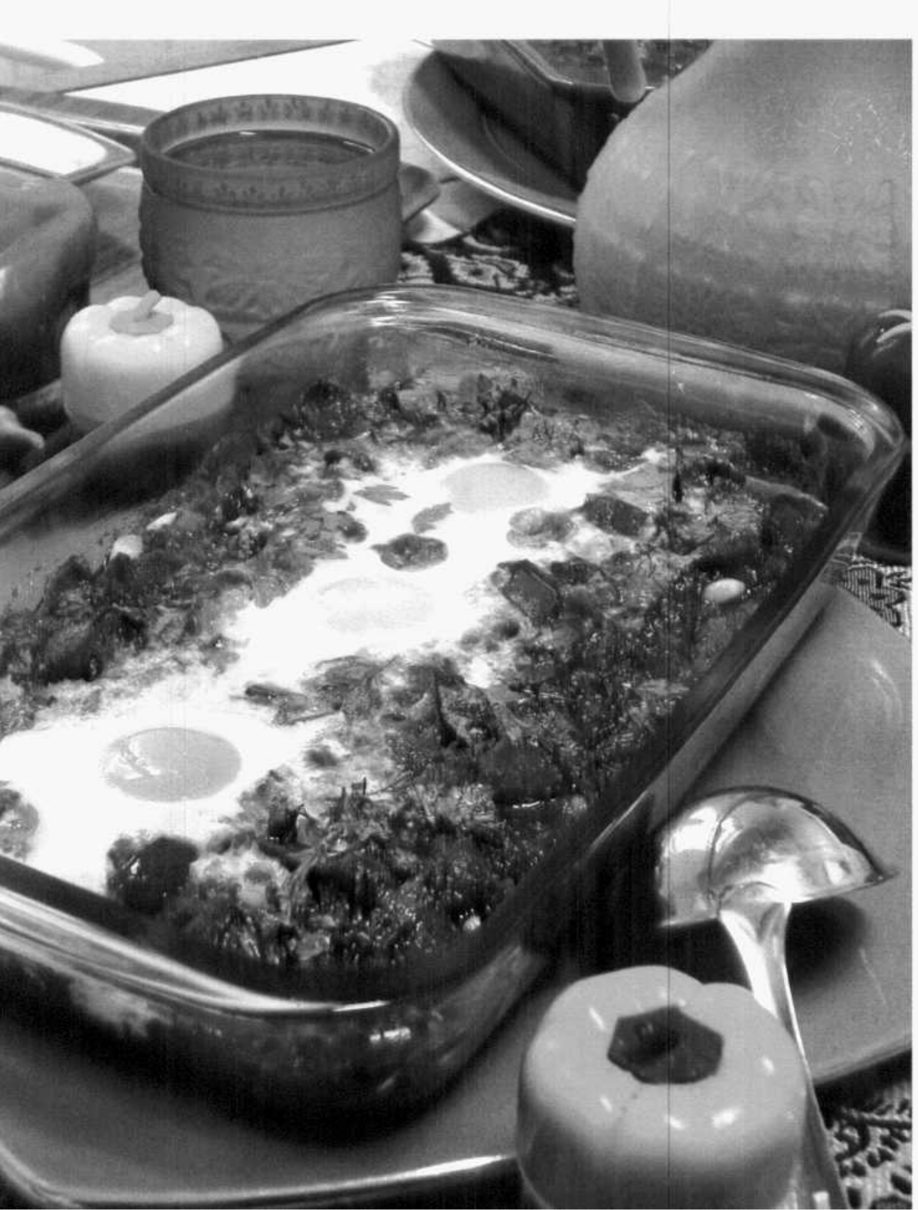
Ingredients:

6 Eggs
2 Cloves garlic
1 Large onion
1/2 Kilogram tomatoes
2 Hot chili peppers
Salt – pepper
2 Tablespoons ghee
1 Tablespoon chopped parsley



Method:

1- Slice onion and garlic and sauté lightly in ghee until yellow in color.
2- Dice tomatoes and chili peppers, stirring until tomatoes are half cooked, add salt and pepper.
3- Pour mixture into a Teflon pan .Using the back of a spoon. make six hollows and crack one egg into each.
4- Bake in a medium hot oven for 15 minutes .Garnish top with chopped parsley. Serve.



2- Igga ' Bel Beed wel Basal

Egyptian Omelet

1 medium plate = 249 calorie
(Cooking time about – 15 minutes. Serving 3)

Ingredients:

6 Eggs
2 Tablespoons flour
1 Medium onion
2 Tablespoons chopped parsley
Salt – pepper
1/4 Cup corn oil

Method:

1- Chop onion and sauté in oil until yellow in color.
2- Beat eggs and season with salt and pepper.
3- Add flour, parsley , and sautéed onion, beat with a whisk or a fork.
4- Heat oil, add egg mixture and cook until set. Flip over and cook until golden brown. Serve.





3- Sakhina Bel Beed Wel Rouz

Rice and Egg Broth

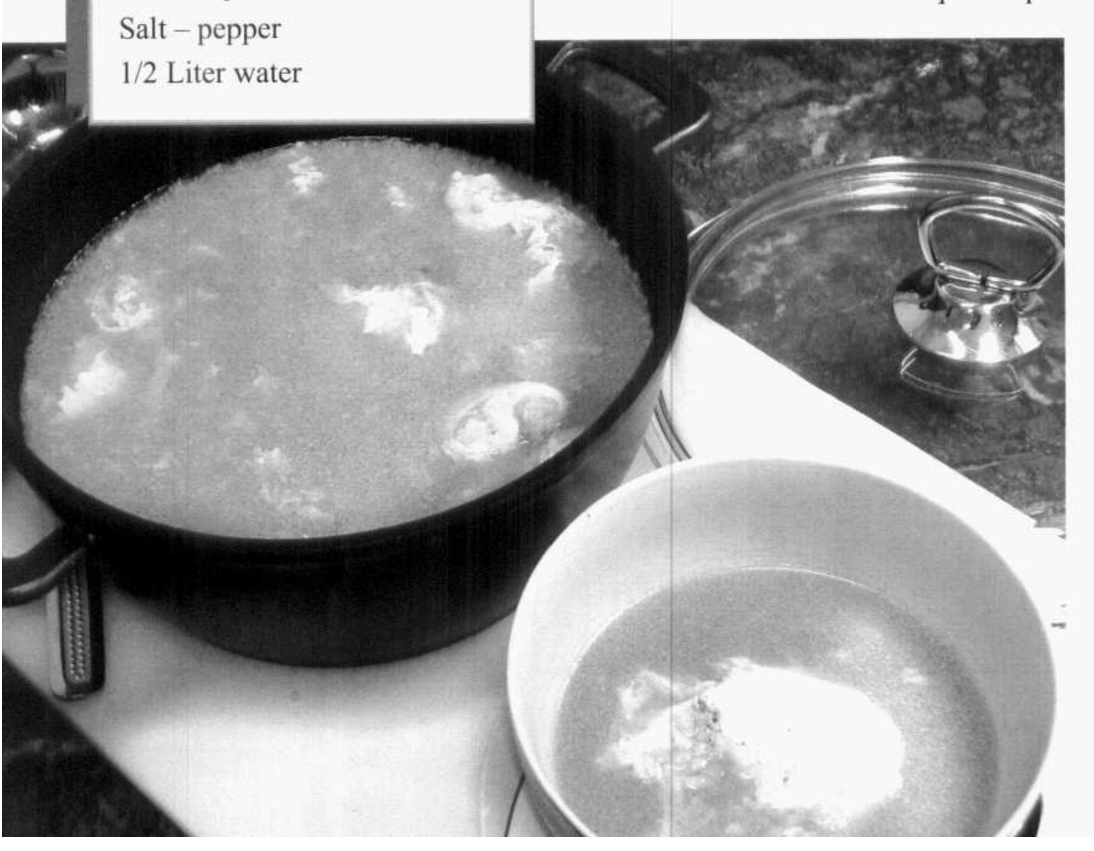
1 medium plate with 2 eggs = 263 calorie
(Cooking time about – 25 minutes. Serving 3)

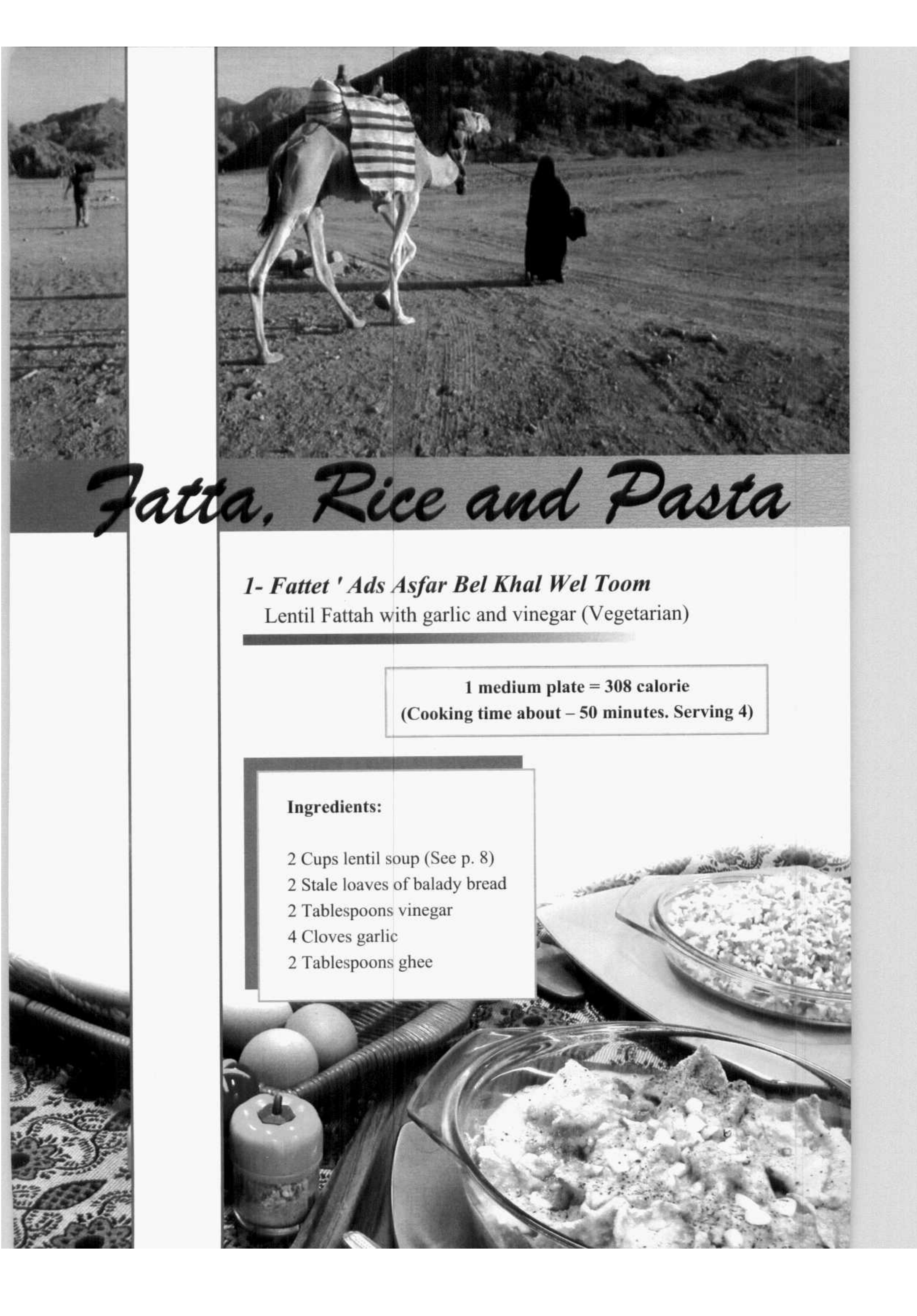
Ingredients:

6 Eggs
1/2 Cup rice
1 Medium onion
1 Tablespoon caraway seeds
1 Tablespoon cumin
2 Tablespoons corn oil
Salt – pepper
1/2 Liter water

Method:

1- Chop onion and sauté lightly in oil until golden yellow.
2- Add water and season with salt, pepper, cumin, and caraway, bring to a boil.
3- Wash rice and add to boiling water, simmering for about 10 minutes until almost cooked.
4- Crack eggs, one by one into mixture, and cook for 5 minutes.
5- Serve as a soup with poached eggs.





Fatta, Rice and Pasta

1- Fattet ' Ads Asfar Bel Khal Wel Toom

Lentil Fattah with garlic and vinegar (Vegetarian)

1 medium plate = 308 calorie
(Cooking time about – 50 minutes. Serving 4)

Ingredients:

2 Cups lentil soup (See p. 8)
2 Stale loaves of balady bread
2 Tablespoons vinegar
4 Cloves garlic
2 Tablespoons ghee



Method:

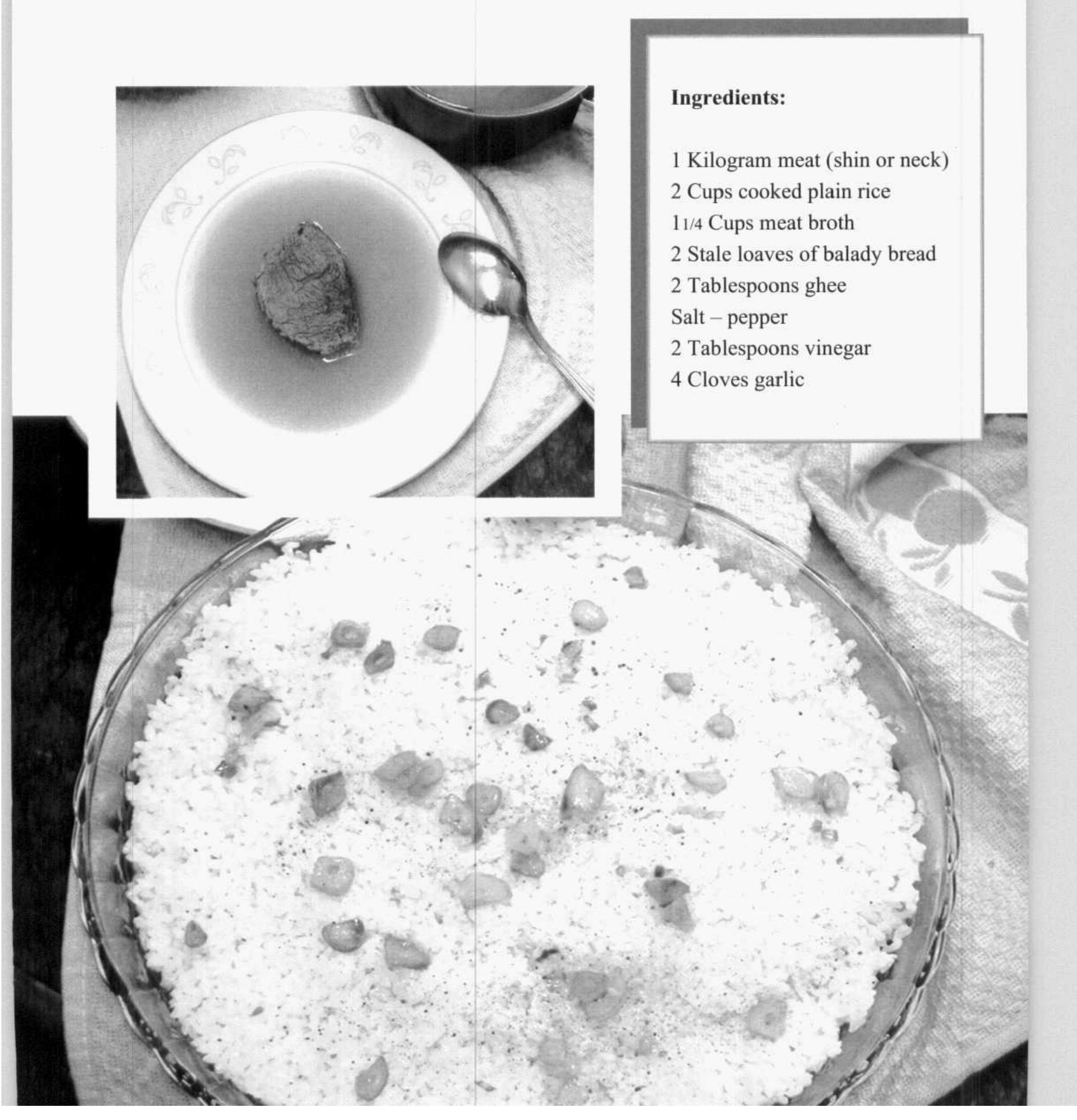
1- Cut bread in small squares, coat with 1 tablespoon ghee and toast, Pour hot lentil soup over bread and set aside until absorbed (About 5 minutes).
2- Chop garlic and fry in 1 tablespoon ghee until yellow. Add vinegar .Sprinkle on top of Fattah along with some pepper. Serve.



2- Fattet Lahma Bel Khal Wel Toom

Meat Fattah with garlic and vinegar

1 medium plate 200 gm. Meat = 972 calorie
(Cooking time about – 35 minutes. Serving 5)



Ingredients:

1 Kilogram meat (shin or neck)
2 Cups cooked plain rice
1 1/4 Cups meat broth
2 Stale loaves of balady bread
2 Tablespoons ghee
Salt – pepper
2 Tablespoons vinegar
4 Cloves garlic



Method:



1- Boil meat usual way and strain to have meat broth.
2- Cut bread into small pieces and season with pepper. Coat with 1 tablespoon ghee and place in a low oven until golden brown and crisp , arrange in a serving dish.
3- Pour about 1 cup meat broth over bread and set aside until broth is absorbed (About 5 minutes).
4- Crush garlic and fry in 1 tablespoon ghee until yellow in color. Add vinegar and 1/4 cup broth and bring to a boil.
5- Add some of the above sauce to the bread, and then cover with rice. Add the remaining vinegar sauce to the top of the rice and sprinkle with pepper.
6- To serve, place the boiled meat and soup in one bowl and Fattah (rice and bread) in another serving dish. Serve.







3- Rouz Bel Khalta (Bel Kebad Wel Mexasarat)

Khalta Rice with Nuts and Chicken Liver

1 medium plate = 689 calorie
(Cooking time about – 45 minutes .Serving 4)

Ingredients:

2 Cups rice
2 Cups chicken broth
4 Tablespoons ghee
200 gm, Chicken livers
1 Bay leaf
2 Cinnamon sticks
1 Tablespoon sugar
1 Tablespoon water
Salt – pepper
100 gm. Almonds boiled and peeled
100 gm. Pin nuts
100 gm. Raisins



Method:

1- Wash rice and set aside in a sieve to dry (about 1/2 an hour) or it maybe cooked unwashed.
2- Place sugar and water in a pot over medium heat. Cook until sugar becomes dark brown color. Add 2 tablespoons ghee then add rice and stir, keeping stirring occasionally until rice is light brown in color.
3- Add broth, salt and pepper. Bring to a boil , then add bay leaf and cinnamon sticks
4- When liquid is almost absorbed , lower heat and continue cooking until rice is fully cooked (About 30 minutes).
5- Chop chicken livers into small pieces and fry in ghee ,season with salt and pepper and cook over low heat until fully cooked and browned, then remove it.
6- Fry raisins in remaining ghee until puffed, and then remove. Lightly fry pine nuts until golden, then remove.
7- Split almonds in half. Fry lightly in ghee, then remove.
8- Spoon rice (After removing bay leaf and cinnamon stick) onto a large round serving plate .Garnish with fried liver and nuts. Serve.

Note: Khalta rice is served with chicken, duck, or stuffed pigeon.



4- *Beram Rouz Bel Dagag Wel Keshta*

Chicken Beram with Rice and Milk Cream

1 medium plate = 667 calorie
(Cooking time about -35 minutes .Serving 4)

Ingredients:

1 Medium sized chicken (1 kilogram)
1 Cup milk
1 Cup chicken broth
2 Cups rice
Salt – pepper
1/4 Teaspoon nutmeg
2 Tablespoons ghee
100 gm. fresh Cream

Method:

1- Wash rice , add 1 teaspoon salt to 1 liter water and soak rice for 1 hour.
2- Cut chicken into 8 pieces and wash well.
3- Coat the bottom and sides of a large earthenware container (Beram) with ghee.
4- Strain rice and spoon half the amount into the container. Arrange the chicken pieces on top, and then cover with the remaining rice. Season with salt, pepper and nutmeg.
5- Boil milk and broth. Add to rice and bake in a hot oven for 30 minutes until liquid is absorbed .Bring beram out of the oven, spoon cream on top and return to medium hot oven for 5 minutes until top is browned . Serve.

5- Makarona Bel Lahma Wel Tamatem Wel Basal

Pasta with Tomatoes, Onion and Meat Cubes

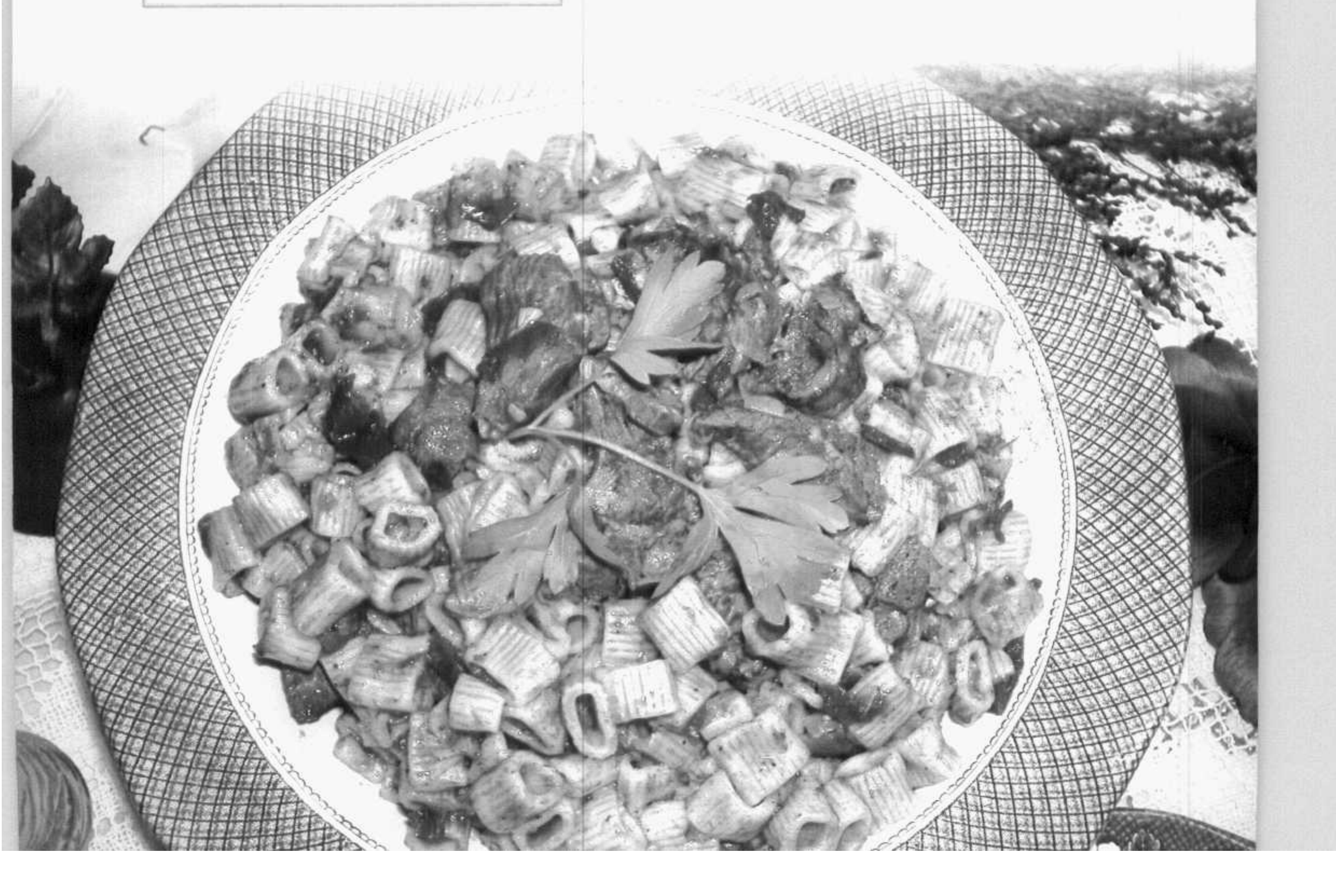
1 medium plate (200 gm) = 400 calorie
(Cooking time about -45 minutes .Serving 4)

Ingredients:

1/2 Kilogram elbow pasta
1/2 Kilogram lamb meat cubes
2 Medium onions
2 Cups meat broth
2 Tablespoons ghee
4 Cloves garlic
Salt – pepper
1/2 Teaspoon mixed spices
1 Cup tomato juice

Method:

1- Slice onions and garlic. Season with salt , pepper , and mixed spice.
2- Add meat cubes , tomato juice and ghee .Cook over medium heat until fully cooked (about 30 minutes)
3- Add meat broth and bring to a boil.
4- Add pasta and cook until liquid is almost completely absorbed, continue cooking over low heat or bake in a medium hot oven, for 15 minutes. Serve.



6- A'eesh Bil Lahma (Hawawshi)

Meat – Stuffed Dough

1 loaf medium size = 667 calorie
(Cooking time about – 30 minutes .Serving 6)

Ingredients for dough:

1 Packet dried yeast (10 gm)
1 Teaspoon sugar
1 Cup warm water
3 Cups flour
Pinch of salt
3 Tablespoons sugar
1/3 Cup corn oil
1 Egg
50 gm. Sesame seeds
50 gm. Black cumin seeds



Filling:

1 Kilogram ground beef
2 Large onions, chopped
1 Tablespoon parsley, chopped
1 Hot chili pepper, chopped
Salt and pepper
1 Tablespoon mixed spice

Method:

1- Dissolve yeast and 1 teaspoon sugar in 1 cup warm water. Add a little of the flour mix and set aside in a warm place for 15 minutes until it rises.
2- Sift flour. Add salt, sugar, oil and egg. Mix with fingertips until absorbed.
3- Add yeast to above mixture ,knead well, set aside in a warm place for 1 hour , until dough rises
4- Divide into 6 balls. Roll each into a circle (about 1 cm thick).
5- Make filling by combining meat, onions, parsley, and chili pepper. Season with salt , pepper , and mixed spice and divide into 6 parts.
6- Stuff dough rounds with mixture. Fold dough in half, pressing the edges closed firmly with fingers.
7- Brush tops with 1 beaten egg. Sprinkle with sesame and black cumin seeds and set aside to rise for another 30 minutes.
8- Bake in a hot oven for 30 minutes until tops are highly browned .Serve.



Salads (Vegetarian)

1- Pazengan Bil Khal Wel Toom

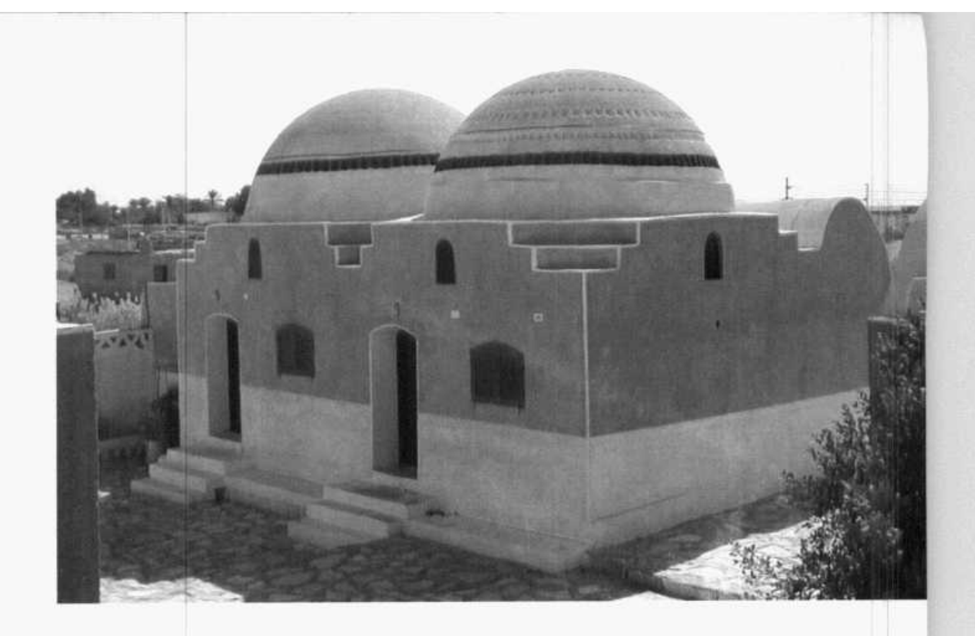
Eggplant Salad with Vinegar and Fresh Garlic

(1 medium plate = 60 calories. Serving 4)

Ingredients:

1/2 Kilogram eggplants
1/4 Kilogram sweet or hot chili peppers (According to taste)
1 Cup oil for deep frying
4 Cloves garlic
1/2 Teaspoon salt
1 Tablespoon lime juice
1 Tablespoon vinegar
1 Tablespoon chopped parsley





Method:

1- Cut eggplant and peppers into slices. Deep fry in oil , then place in a deep dish.

2- Crush garlic and salt. Add lime juice and vinegar and season eggplant with this mixture.

3- Marinate for a short while. Serve garnished with parsley.

2- Pazengan Mahshi Bel Toom Wel Felfel

Eggplant Stuffed with Garlic and Hot Chili Pepper

Total calorie = 237

Ingredients:

4 Cloves garlic
1/2 Kilogram small, slender black eggplants
1/4 Kilogram sweet pepper, whole
1 Hot chili pepper
1 Tablespoon lime juice
1 Tablespoon vinegar
2 Tablespoons oil

Method:

1- Boil eggplants and peppers in salted water for 10 minutes, then rinse with cold water.
2- Crush garlic, hot chili pepper and salt ,add lime juice.
3- Make a lengthwise cut along the length of each eggplant and stuff with the mixture.
4- Arrange eggplants in a serving dish. Season peppers with remaining mixture and arrange with eggplants. Sprinkle with oil and vinegar .Serve.



3- Tamatem Mahshia Bel Toom Wel Felfel

Stuffed Tomatoes with Garlic and hot pepper

(1 piece = 39 calorie. Serving 3)

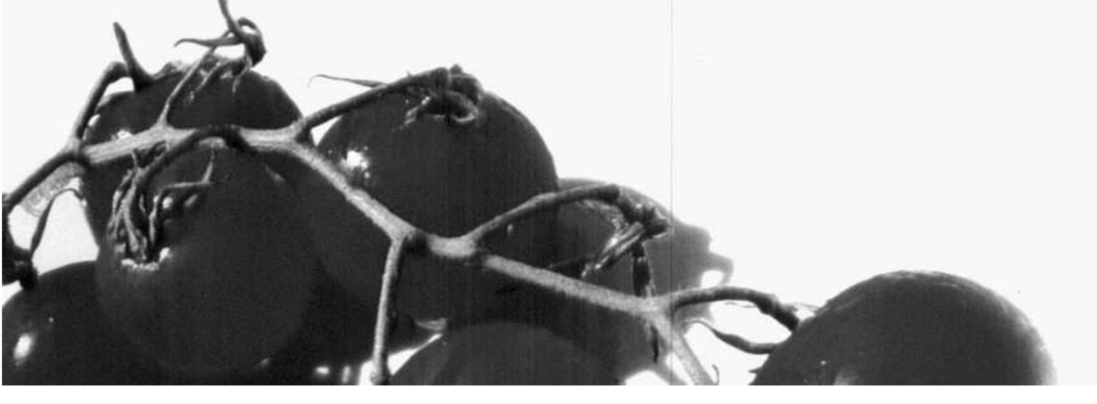


Ingredients:

6 Small tomatoes
4 Cloves garlic
1 Hot chili pepper
Salt – pepper
1 Tablespoon coriander
Lime juice
1 Tablespoon corn oil

Method:

1- Make a horizontal slice through the upper part of each tomato to remove the cap, make two incomplete vertical cuts to divide into quarters.
2- Crush garlic, salt, cumin, coriander and hot chili pepper. Add lime juice. Use mix to stuff tomatoes , sprinkle with oil and serve.



4- Salatet Tahyna

Tahina Salad

Total calorie = 238

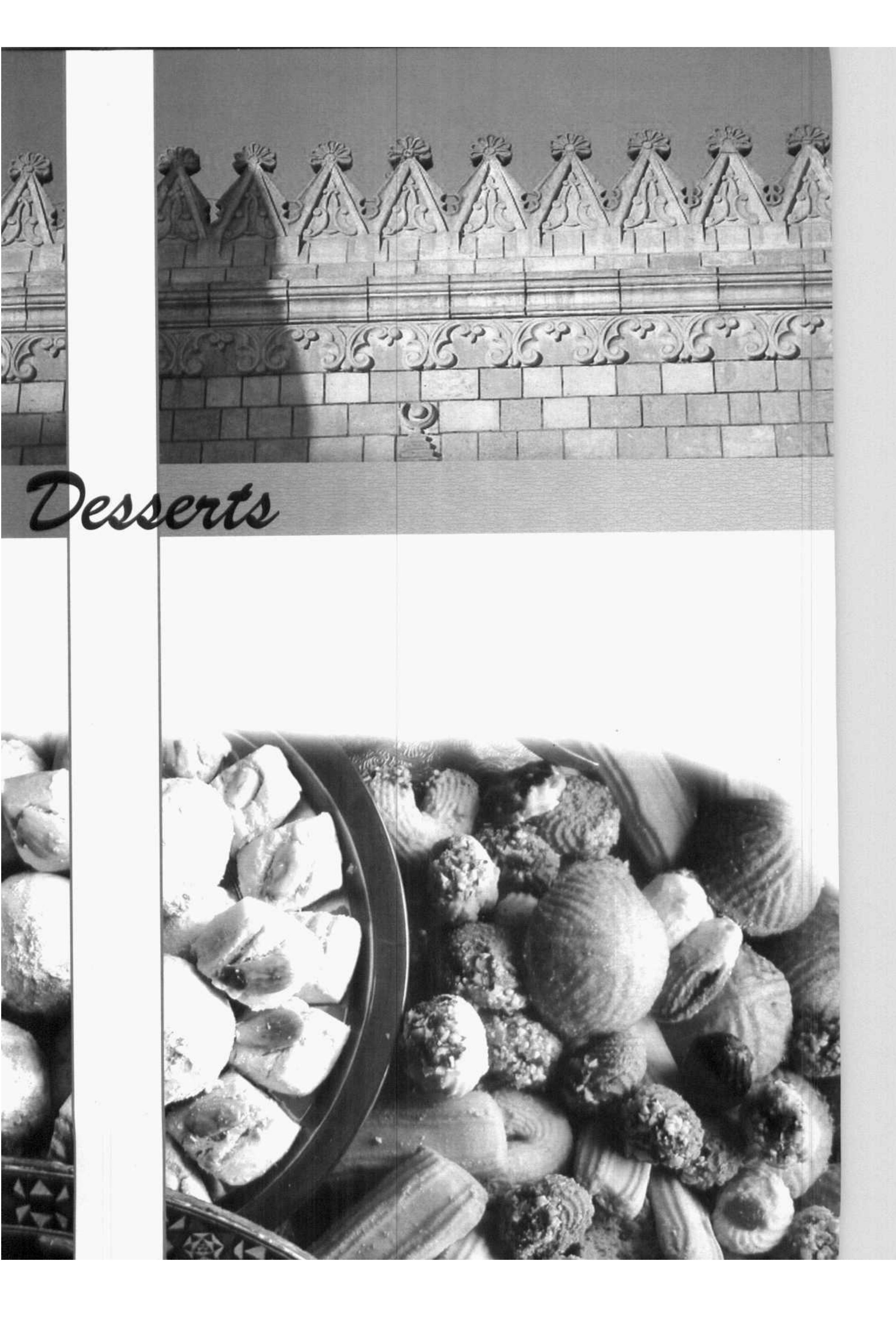
Ingredients:

1/4 Cup white tahina (sesame seed paste)
2 Tablespoons water
1 Lime juice
1 Tablespoon vinegar
Salt
2 Cloves garlic
1 Tablespoon chopped parsley

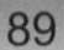
Method:

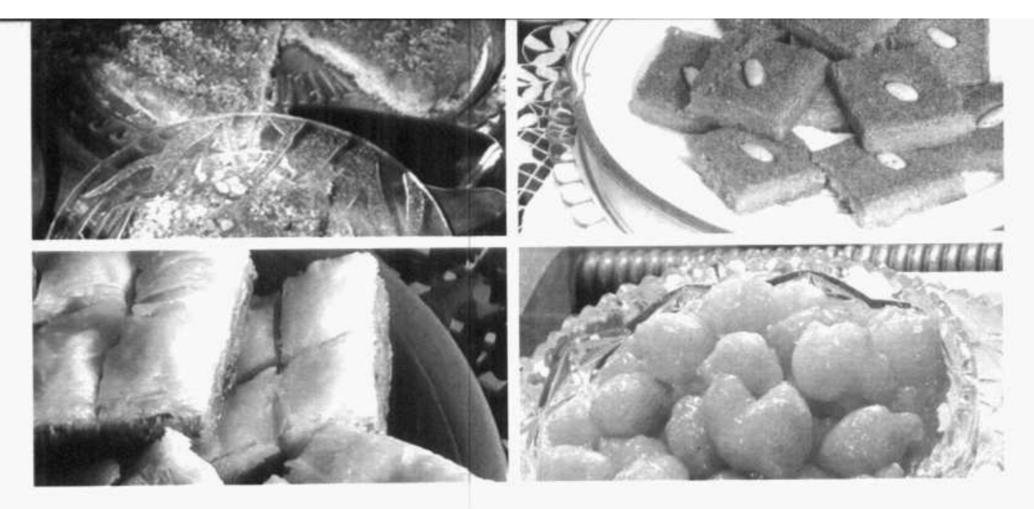
1- Crush garlic, cumin, salt, add to tahina in a mixing bowl, and then add 1 tablespoon lime juice and vinegar.
2- Mix all ingredients well, beating with a spoon in a circular fashion until color turns pale.
3- Add water gradually until the desired consistency is reached.
4- Serve in small dishes and garnish with parsley.





Desserts





Sugar Syrup

Ingredients :

1/2 Cup water
1 Cup sugar
Juice of 1/2 lime

Method:

To prepare syrup, combine water, sugar and lime juice. Cook over heat, stir until sugar dissolves and syrup reaches the desired thick consistency (about 20 minutes) then cool. (Sugar syrup should be as thick as honey).

1- Baklava Bel Mexarat

Baklava with Nuts

100 gm = 560 calories
(Baking time about - 45 minutes. Serving 5)

Ingredients:

1 Cup ghee
1/2 Kilogram goulash (filo Dough)
1 Cup chopped hazelnuts or walnuts
1Large Cup sugar syrup

Method:

1- Coat a rectangular pan (34 x 22 cm) with ghee. Arrange goulash sheets in layers coating sheets lightly with ghee.
2- Mix nuts and sugar and sprinkle over layered goulash, arrange remaining goulash as in previous step.
3- Using a sharp knife, cut goulash diagonally into small diamond shapes. Drizzle with hot ghee.
4- Bake in a medium hot oven until top is golden in color. Pour cold syrup over it and return to turned off over for 5 minutes. Serve.



2- Basbosa Bel Zabady

Basbousa with Yogurt

100 gm = 463 calorie
(Baking time about -45 minutes. Serving 6)

Ingredients:

2 Cups fine semolina flour
1 1/2 Cups sugar
1 Cup yoghurt
2 Teaspoons baking powder
2 Tablespoons ghee
1/4 Cup peeled almonds
2 Tablespoons tahina
2 Cups syrup to which 2 tablespoons ghee are added

Method:

1- Rub together semolina, sugar, 1 tablespoon ghee and baking powder. Mix with yoghurt.
2- Coat a rectangular tray with ghee then tahina. Pour above mix , and even out with hands. Cut into squares and place an almond half in the center of each square.
3- Bake in a medium hot oven for 45 minutes until surface is lightly browned, then pour warm syrup and ghee over hot basboosa and return to hot oven for 5 minutes.
4- Allow to cool, cut into separate squares and serve.



3- Ka'ak Bel Agamia

Biscuits Stuffed with Honey Dough

(Ka'ak is a type of biscuit typically prepared at feasts)

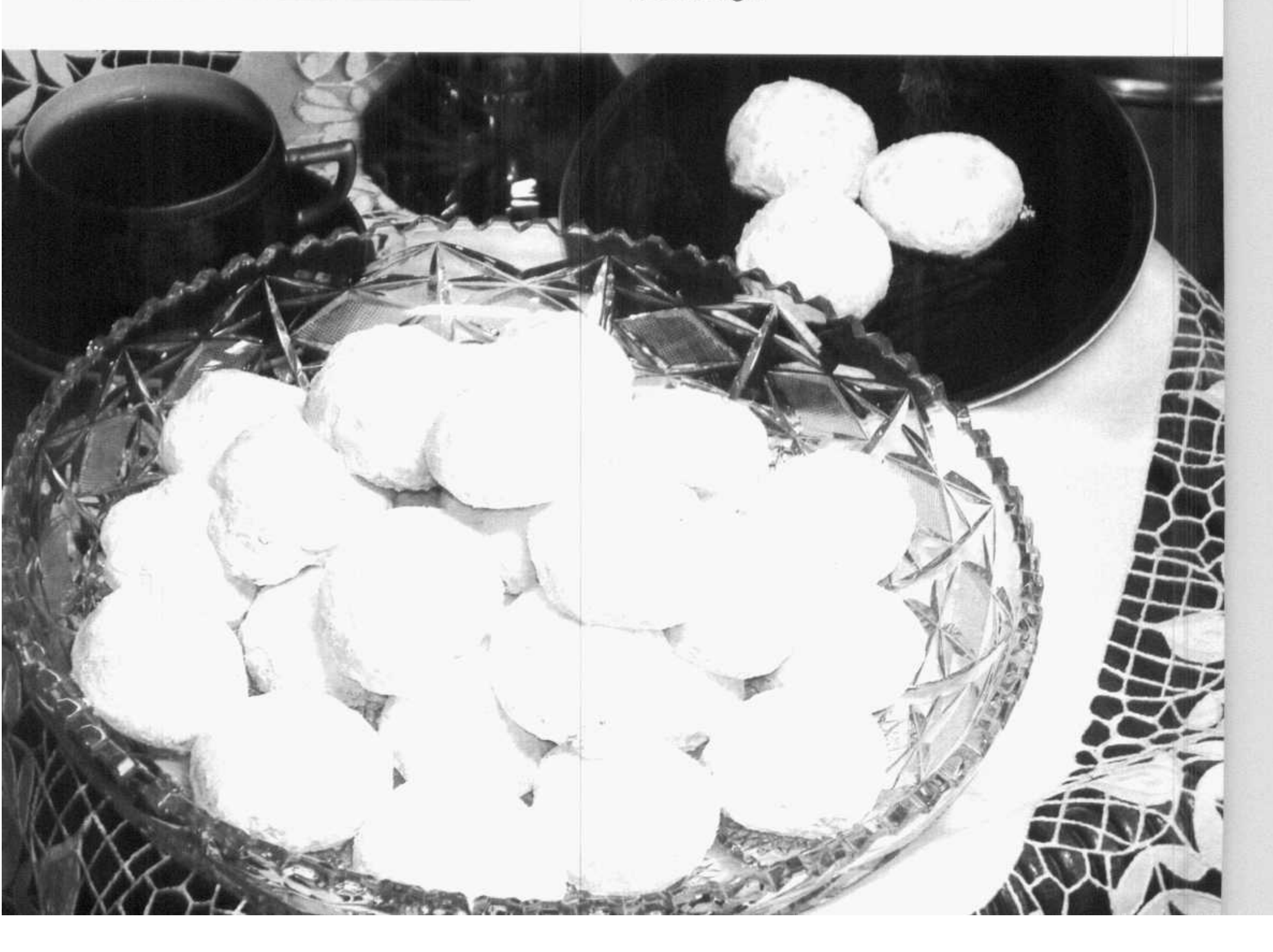
1 kilogram = 36 pieces
1 piece = 226 calorie
(Baking time about – 15 minutes)

Filling: Ingredients:

3 Cups honey
3 Tablespoons ghee
3 Tablespoons warm water
3 Tablespoons flour
3 Tablespoons sesame
1/4 Kilogram shelled walnuts

Steps for preparing *Agamia:*

1- Fry sesame in ghee until golden brown. Add flour and stir until color becomes yellow.
2- Add honey, stirring then add water and stir until dough is formed. cool.
3- Roughly chop walnuts and mix into prepared agamia .use small pieces (about tea spoon) to stuff dough.



Ingredients:

1 Kilogram flour
1/2 Kilogram ghee
150 gram sesame
10 grams active yeast
1/4 Teaspoon salt
3 Cups warm water for kneading
1/2 Kilogram powdered sugar

Method:

1- Sift flour and salt .Place in a metal bowl .Clean sesame and place in a well in the middle of the flour.
2- Heat ghee to boiling and add gradually to sesame, stirring until its color is golden. Stir ghee into flour with a spoon until well absorbed.
3- Prepare yeast (by adding sugar and warm water, and set aside for 15 minutes) and knead into dough , adding warm water according to need, set aside to rise.
4- Divide dough into equal pieces and shape into small balls (about 36 one).
5- Stuff small balls of Ka'ak dough with a'gamia. Flatten Ka'ak balls with palms of the hand.
6- Use serrated cookie tweezers to make characteristics markings, set aside to rise.
7- Bake in a medium hot oven for 15 minutes then cool.
8- Sprinkle with powdered sugar and serve.





4- *Quras Bil 'Agwa*

Cookies with Pitted Dates

1 kilogram = 36 pieces
1 piece = 97 calorie
(Baking time about – 15 minutes)

Ingredients:

1 Kilogram flour
1 Cup ghee
1 Cup corn oil
1/2 Kilogram pitted dates
20 grams active yeast
1/8 Kilogram sesame
1/8 Kilogram anise seeds
1/4 Teaspoon salt
1 Cup warm water for kneading

Make filling:

- Mince dates and mix with 1 tablespoon ghee and 1 tablespoon sesame seeds. Shape into about 36 small balls.

Method:

1- Sift flour and salt , place in a deep metal bowl .Make a well in the flour and add sesame seeds.
2- Heat oil and ghee to boiling and pour gradually over sesame seeds, stirring until they turn golden in color.
3- Mix ingredients with a spoon until flour absorb ghee .Add anise seeds and mix well.
4- Prepare yeast (By adding 1 teaspoon sugar and 1/2 cup warm water mix and set aside for 15 minutes). Add to flour and knead , adding warm water as required.
5- Allow dough to rise for about 1 hour .Divide into small balls, about 36 ones.
6- Fill dough balls with date balls, then flatten dough into discs using the palms of the hands.
7- Bake in a hot oven for 15 minutes until tops are lightly browned.



5- Konafa Bel Keshta

Fried Kufana with Heavy Cream

100 gm = 345 calorie
(Cooking time about- 10 minutes .Serving 6)

Ingredients:

1/2 Kilogram kunafa
1/2 Cup ghee
1 Cup hot water
2 Cups sugar syrup, cooled
2 Tablespoons toasted and chopped pistachios
1/2 Liter fresh heavy cream

Method:

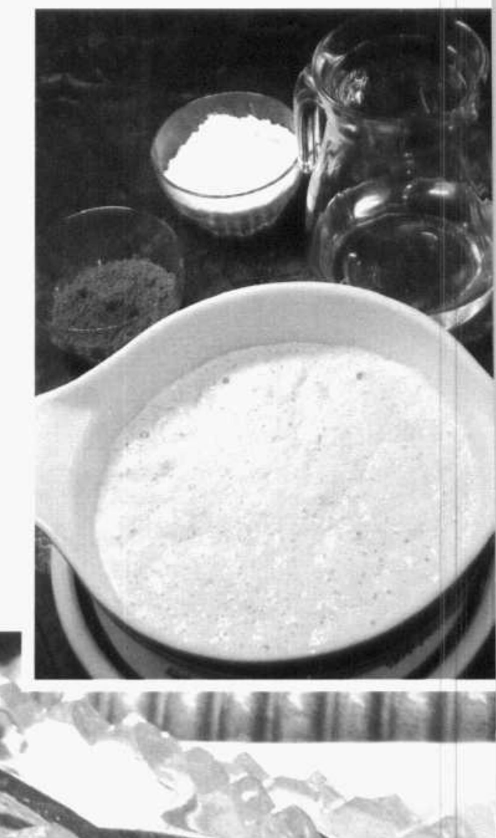
1- Cut kunafa into small pieces and fry in ghee, stirring until golden brown in color.
2- Place in a colander to drain , then pour hot water over kunafa to get rid of excess ghee.
3- Pour sugar syrup over kunafa and drain excess syrup, sprinkle pistachios in bottom of the tray .Arrange half the kunafa over it.
4- Spoon heavy cream onto the kunafa, then add remaining kunafa and press lightly.
5- Turn over onto a glass plate. Serve.



6- Lokmet El kady or Zalabia

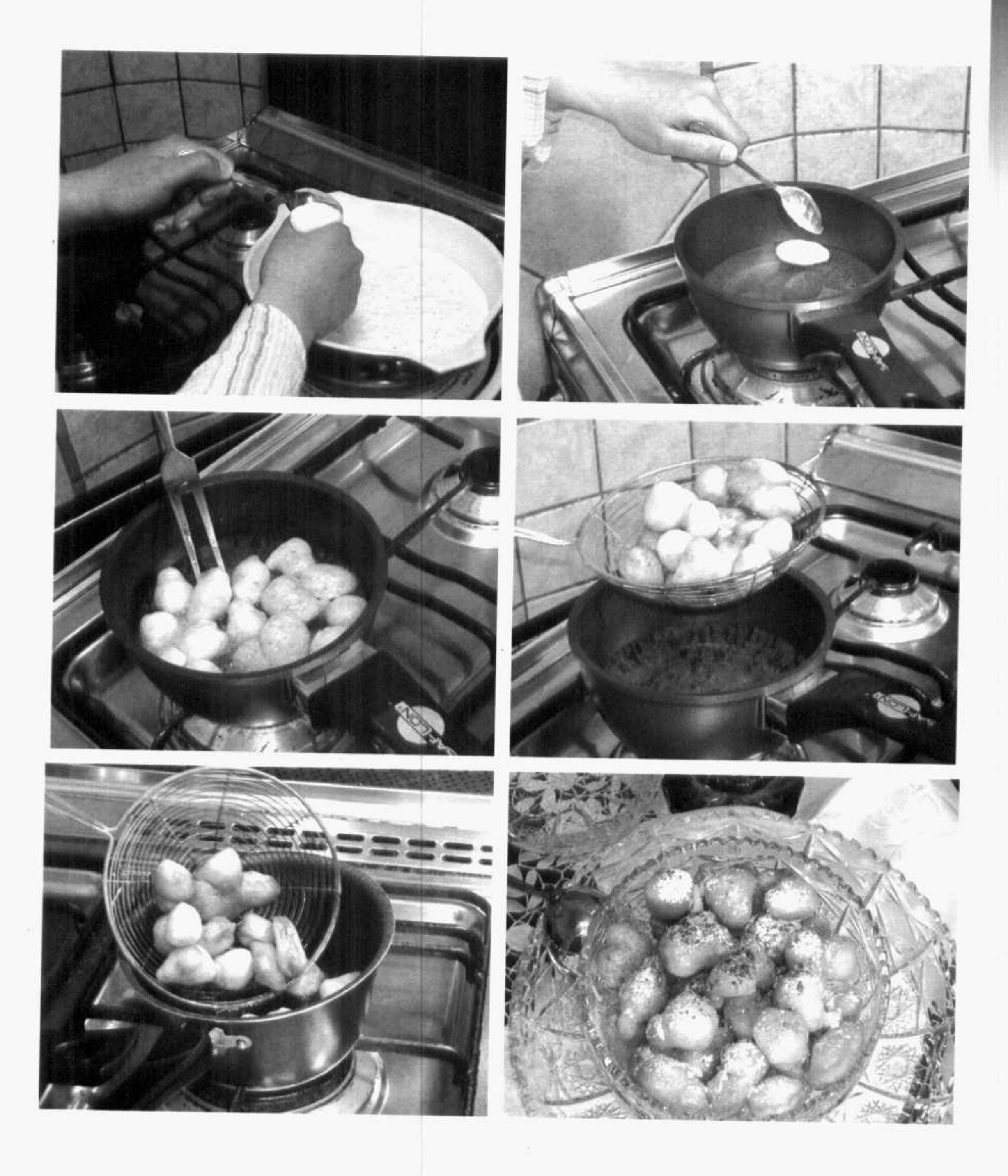
Lokmadis

100 gm = 40 calorie
(Frying time about-5 minutes .Serving 4)



Ingredients:

2 Cups flour
2 Cups warm water
10 Grams dried yeast
1 Tablespoon sugar
Oil for deep frying
1/2 Cup powdered sugar
Ground cinnamon
1 Cup syrup (P.89)



Method:

1- Prepare yeast by adding sugar to it and dissolving combination in warm water. Set aside in a warm place to proof.
2- Sift flour and mix with yeast and a little water to form soft dough. Let dough aside for 1 hour.
3- Using a spoon, press dough in one palm and cut with the other hand into pieces and deep fry in hot oil (about 5 cm deep) until golden brown.
4- Soak them immediately in cold syrup for 1 minute. Remove them with a slotted spoon and place in a colander to drain excess syrup.
5- Sprinkle tops with powdered sugar and cinnamon. Serve.

7- 'Ashura

Whole Wheat Pudding

1 medium plate = 296 calorie
(Cooking time about – 15 minutes. Serving 4)

Ingredients:

2 Cups whole wheat grains
1 Cup sugar
1/4 Cup fine cornstarch
1 Liter milk
1 Tablespoon rosewater
100 gm. raisins
100 gm. boiled toasted almonds halves

Method:

1- Starting the night before, soak wheat in water for 8 hours then boil for 2 hours. Leave grains in hot water overnight.
2- The following day, puree half the amount of cooked grains with the cooking water. Leave the remaining half whole.
3- Combine the milk, sugar, cornstarch, and rosewater with both pureed and whole grains and cook over medium heat until consistency thickens. Add raisins.
4- Pour into small, deep dishes and garnish with toasted almonds halves. Cool and serve.

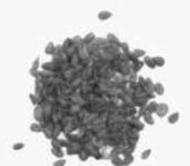


Glossary:

Here are some names alternatives to help everyone understanding and use all spices perfectly.

*1- **Yansun*** (Aniseed)

These are dry seeds with a hot, bitter taste. They have a pungent aroma and are used in many desserts and biscuits.



*2- **Waraq Laura*** (Bay Leaf)

These are large, smooth, bright tree leaves with a pleasant odor and a bitter taste. They are used in soup and in a combination with other spices.



*3- **Habbahan*** (Cardamom)

Known to the ancient Egyptian by the name 'Hal' from which came its Arabic name, these are large green seed pods containing small, black granules. Mainly added to different foods to improve flavor and are ground with coffee beans to make Arabic coffee.



*4- **Qirfa*** (Cinnamon)

Cinnamon is available in both powder or as sticks. It is used in seasoning many foods, particularly biscuits and desserts due to its highly aromatic smell.



*5- **Qurunful*** (Cloves)

These are black, flower-like buds with stems that resemble small nails. They contain aromatic oils which give then their distinctive, penetrating smell.



*6- **Kusbara*** (Coriander)

These are round yellow granules with a particular taste. They are used to season many traditional dishes, most importantly mulukhyiah (Green mallow).



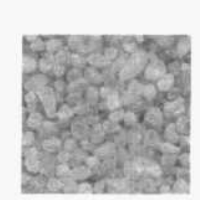
*7- **Kammun*** **(**Cumin)

Cumin has been known in Egypt since ancient times. The seeds are small oblong granules with a hot and bitter taste. They can be used whole or ground .Cumin is a main element in fish seasoning.



*8- **Mistica*** (Mastic Grains)

These are pale yellow, translucent grains obtained from the resin of the mastic tree. They add a pleasant smell to meat and poultry and are basic of broth and soup component.



*9- **Guzt Al-Tib*** (Nutmeg)

These aromatic, pungent seeds are large and round or oval with a grooved skin. The seeds are brown, the color of cinnamon and are used to season meats and chicken, among others.



Herbs and greens

Add numerous nutritional values to food as well as flavor variety.

1- ***Salq*** (Chard)



Chard had broad green leaves and thick hollow stems. It is used in the preparation of many dishes such as colcassia and broad beans (Fuliya).

2- ***Kurat*** (Leek)



Leek are used in many foods, particularly with fish and are a component of the falafel mix.

3- ***Karafs*** (Celery)



Celery has been known since pharoanic times for its value as a sexual stimulant it is used in the preparation of soups and seafood casseroles.

4- ***Kusbara khdra*** (Coriander)



It is a green herb with leaves similar to those of parsley but larger and with serrated edges. Coriander has a strong taste and is fried with garlic to form the taqliyia for colcassia and many other recipes. It is also one of the greens used for stuffing vegetables and in soups.

5- ***Shabat*** (Dill)



Dill is another one of the herbs known to ancient Egyptians and is characterized by its penetrating smell.

6- ***Basal Akhdar*** (Green onions)



Also known as spring onions, these are onion buds with long thin stems, which are both eaten .Known since the time of the ancient Egyptians, green onions (And Lentils) were mentioned by Greek historian Herodotus as part of the daily diet of the workers who built the pyramids. Along with bread and cheese, they have also long been a stable food of the Egyptian Farmers.

7- ***Na'na'*** (Mint)



Mint is one of the most commonly used herbs due to its special taste and odor. It can be added to many dishes. Can be added to tea or used as a hot or cold drink.